

Fallen Timbers Chiropractic Opens For Business In Whitehouse

BY NANCY GAGNET
MIRROR REPORTER

Dr. Brian Wagoner is a chiropractor who believes "The power that made the body heals the body."

The words hang on a sign above the doorway of a small home on Providence Street in Whitehouse that has recently been converted to his medical practice, Fallen Timbers Chiropractic.

"If you had to reduce chiropractic to a sentence, that would be it," he said. "The power that we deal with is the normal nervous impulses that control all of the systems in the body."

According to Dr. Wagoner, chiropractic care addresses subluxation, or misalignments or kinks in the joints of the spine that interfere with the nervous system, creating widespread effects on the body.

"Since the nervous system is the governing system for all of the other systems of the body, it can not only create things like headaches, neck aches and back pain, it can also influence your health in a lot of other aspects too," he said. "We get concerned about these subluxations in the spine and we correct those by providing a very specific adjustment."

This holistic approach to healthcare allows Dr. Wagoner to determine any obstruction that would undermine the normal and healthy state the body was designed to exist in.

Factors such as traumas sustained in accidents or falls can cause subluxation, as can sustained postures, inadequate sleep, improper exercise, poor diet and even emotional stress.

According to Dr. Wagoner, the "adjustments" do not include cracking the body, but rather adjusting a subluxation in order to restore normal nervous function.

He uses the Gonstead system to treat patients, named after its creator, a mechanical engineer.

The technique requires detailed analysis with an emphasis on finding the specific way to correct the subluxation.

"It makes a lot of sense from an engineering and structural standpoint," Dr. Wagoner said. "We make sure that everything from the ground up is as strong and level as it can be so that the rest of the spine can be as straight and healthy as it can be."

Dr. Wagoner has treated patients from as young as a newborn to a 99-year-old with osteoporosis.

"You adjust what you do with different people in how you take care of them," he said.

In addition to focusing on the spine, Dr. Wagoner treats all other joints in the body.

"Any joint can become



Chiropractor Dr. Brian Wagoner stands with his family in front of his new office in Whitehouse. He is pictured with his wife, Tracee, and their children Kendra, 14, and Dylan, 10.

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Brian Dick receives a relaxing massage from licensed therapist Nan Wallace at Fallen Timbers Chiropractic. The practice offers massages to complement the chiropractic services offered by Dr. Brian Wagoner.

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misaligned or fixated and create stress in that joint, eventually leading to an arthritic condition," he said. "We do work on everything from ankles and feet to elbows and shoulders and knees."

Gina Dick was involved in two car accidents, leaving her with two herniated disks and a tremendous amount of pain.

After finding some relief with previous chiropractic treatments, she began receiving weekly adjustments from Dr. Wagoner and said the Gonstead technique has had an immediate positive effect.

"I'm responding to that because I'm finding that I have renewed energy," she said. "I feel like I've been getting relief in areas that I wasn't getting before."

For those not suffering from the pain of an obvious injury, yet curious about the health of their body alignment, Dr. Wagoner says to look for obvious signs.

Find your natural stance by shaking your arms or marching in place for a moment while standing in front of a mirror with eyes closed.

"When you open your

eyes, see if your head is slightly tilted off to one side or one shoulder is slightly higher, or one hip is higher," he said.

Another test is the ability to perform complete range of motion in the head and neck without pain.

Initially he said many patients experience better sleep and appetite and even improvement in allergy and asthma symptoms.

"Most people come to a chiropractor initially for a muscular skeletal issue; however, once they're here and they're getting these subluxations corrected, they realize other health benefits that they never would have associated with subluxations and with chiropractic," he said.

To enhance the adjustment, Nan Wallace, a licensed massage therapist, is also working in the office.

Dr. Wagoner graduated from Rossford High School and attended Bowling Green State University, where he received degrees in communications and pre-medicine.

Following his graduation from Palmer College of Chiropractic, he spent five

years at his chiropractic practice in Virginia before moving with his family back to this area.

Dr. Wagoner is a member of the Waterville Chamber of Commerce and serves as trustee for the Whitehouse Chamber of Commerce. He is also a board member of the Waterville Rotary.

He holds a third-degree black belt in karate and is a volunteer martial arts instructor at BGSU through the office of continuing education. He also serves as president of the board of directors of the United Karate System.

Fallen Timbers Chiropractic is located at 6901 Providence Rd. in Whitehouse. Business hours are Monday, Wednesday and Friday from 8:30 a.m. to 6:00 p.m. and Tuesdays from 9:00 a.m. to 2:00 p.m.

Patient visits may vary; however, most receive an initial exam that includes an X-ray and consultation. The second visit includes a report of findings and a plan for treatment.

For more information, call (419) 877-9919.



Dr. Brian Wagoner stands in front of a full spine X-ray at Fallen Timbers Chiropractic. Patients receive an initial X-ray to provide a detailed analysis of the spine and a view of how problems in one area of the body may affect another area.

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