



Press Release
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Aligning Health: How Locals Are Discovering Relief through Chiropractic Care

Dr. James Kirklin sees patients at Knox City Clinic for general and chiropractic medicine.

KNOX CITY, Texas (January 12, 2024) – Attaining proper alignment for your body, alleviating pain, and enhancing overall well-being can profoundly elevate your quality of life. This is a common pursuit for individuals seeking the expertise of a chiropractic physician.

As many individuals are learning about the benefits of chiropractic medicine, Dr. James Kirklin, FNP-BC in the Knox City Clinic has been seeing an increase in patient interest in this field of medicine.

"Aside from some of the immediate benefits of spinal adjustments for some of my patients, I think that most are generally interested in the holistic benefits of chiropractic care," Dr. Kirklin explains. "While each case is different, learning more about the individual ailments of my patients helps guide our approach to helping them feel better."

Chiropractors are healthcare professionals who focus on diagnosing and treating mechanical disorders of the musculoskeletal system, particularly the spine. They employ a hands-on, manual approach to address spine, joint, and muscle issues.

Dr. Kirklin's standout feature is his unique dual role as a chiropractor and a board-certified family nurse practitioner. This isn't the usual path for chiropractors, who typically stick to their specialty.

Having credentials in both areas sets Dr. Kirklin apart, offering patients a more comprehensive approach to their health. It is a practical combination that speaks to a commitment to well-rounded care rather than just focusing on one aspect of health.

Chiropractors often work with patients experiencing back pain, neck pain, headaches, and other musculoskeletal issues. They take a holistic approach, considering the symptoms and factors such as lifestyle, posture, and ergonomics.

In addition to adjustments, chiropractors may utilize other therapeutic interventions, such as soft tissue manipulation, exercises, and lifestyle counseling, to alleviate pain, improve function, and promote overall well-being.

A primary technique chiropractors use is spinal adjustment or manipulation, which involves applying controlled force to specific joints to restore or enhance mobility. Chiropractors believe that when the musculoskeletal system is aligned correctly, it can positively impact the nervous system and overall health.

MORE

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Chiropractors are able to provide non-invasive and drug-free alternatives for managing certain musculoskeletal conditions and promoting a patient's overall health and wellness. For Dr. Kirklin, his unique skillset is what brings value to Knox County residents and surrounding area as well.

Individuals experiencing musculoskeletal issues like back pain, neck pain, headaches, or joint problems may consider seeing a chiropractic doctor for non-invasive and drug-free relief. Those seeking complementary or alternative approaches to traditional medical treatments and athletes aiming to enhance performance or prevent injuries often consult chiropractors.

James Kirklin is a genuine Texan with roots in Dallas, and he's had stints living in notable cities like San Antonio and Fort Worth. Before moving to Knox City in 2017, he resided in Weinert.

Regarding his academic background, Dr. Kirklin graduated from Parker College of Chiropractic in 1987. He also received a Bachelor of Science in Nursing from Wayland Baptist University in 2012 and a Master of Science in Nursing from Walden University in 2015.

"One of the things that sets Dr. Kirklin apart from other chiropractors is that he has so much more academic – and professional – training and experience from also being a family nurse practitioner," says Stephen Kuehler, CEO of KCHD. "That training lends to a well-rounded approach to chiropractic medicine. One that can make a difference in the outcomes of his patients."

Dr. Kirklin sees patients daily, Monday through Friday, at Knox City Clinic. For more information and to schedule an appointment, please call 940-657-3906.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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