

BEHIND THE BUSINESS

The story behind companies that are changing the business landscape

JENNIFER HELLER, DC, PTA



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AMANDA JANKE; KIM TAYLOR

WHERE CHIROPRACTIC AND PHYSICAL THERAPY MEET

Trained in the most up-to-date methods in achieving overall wellness, Dr. Jennifer Heller relies on her background in physical therapy and her chiropractic training to relieve her patients' pain. Conditions treated include headaches, neck pain, back pain, repetitive strain injuries, and auto injury recovery.

"We really are a family practice," says Dr. Heller. "We see a lot of pregnant moms, car accident victims, people that suffer with headaches and migraines, and everything in between. Most practices focus on either chiropractic work or physical therapy, but in our office, we focus on both, which you rarely see done by one physician. We've found that the best results are achieved by combining the treatments for our patients."

The practice is housed in a spacious 4,200-square-foot office in Lake Saint Louis. One half is devoted to families with children, including a family therapy area where parents can watch their children receive treatment on fun, animal-themed tables.

"Many people don't realize that kids should get wellness care, as well," says Dr. Heller. "Treatment can help with scoliosis, ADD/ADHD type symptoms, and help children who are active in sports. Also, all kids are a blueprint of their moms and dads. We can help them from having the same problems that their parents have."

Pregnant moms particularly benefit from the Webster technique of chiropractics. Through this method, Dr. Heller teaches women how to relax their pelvic muscles, preparing them for an easier birth. Chiropractic work and physical therapy also can relieve sciatica, back pain, and headaches common among pregnant women.

The other half of the office is a quiet space for people in severe pain. These patients benefit from a diverse treatment plan, including therapeutic exercise, traction, ultrasound, muscle balancing, rehabbing, stretching, and of course the chiropractic adjustment. The practice also has electrical stimulation and the relaxing roller tables to ease your pain.

A dedicated, friendly staff, consisting of Kim, the business manager, Gena, the marketing coordinator, and Amanda, a chiropractic assistant, rounds out the practice. Dr. Heller's office is conveniently located on Lake Saint Louis Boulevard right off of I-70, behind Hardee's. For more information, go online to chiropracticandphysicaltherapymeet.com.