

Chiropractic Care

Dr. John Borsheim, DC

Injuries get in the way of athletes performing at their best. Athletes routinely suffer from injuries that can cause spinal misalignments which causes stress on pain-sensitive joints, muscles, nerves, discs and ligaments. In study after study, chiropractic care outperforms other medical options at reducing pain and restoring normal function.

While attending UND, Dr. John worked as a personal trainer which sparked his passion for the form and function of the human body. It was apparent early on that his personal training was limited with some clients due to deficiencies of functional movement. In an effort to discover a form of exercise that aided in improving these essential movements he discovered the chiropractic benefits for athletes. Dr. John utilizes diversified chiropractic adjusting technique as well as the principles of kinesiology. He is also certified in myofascial release, Rock Tape (kinesiology tape), and in Graston Technique.

FREE initial
evaluation and
consultation.



Chiropractic FAQ

What is Chiropractic Care?

Most people believe that chiropractors treat back pain. While that is true, there is more chiropractic care can achieve. Chiropractors help to remove pressure from the nervous system, which can help relieve many other conditions in daily living movements, especially for athletes. Chiropractic care has been seen to help with anything from headaches to back pain, mobility of joints and tendons, along with other chronic pain.

How would a Chiropractic appointment benefit you?

The benefits chiropractors provide can be seen in a variety of health conditions. As we go through daily activities, regular adjustments can help to restore balance within the body. Your spine is the protective case for one of the most important parts of your body - your spinal cord, which is the main communicator to the rest of your body. By releasing the nerves to be able to freely function you are allowing your body to better respond and communicate day to day.

What to expect during a Chiropractic appointment?

For your initial chiropractic appointment you can expect a 15-20 minute appointment with Dr. John as he does a consultation/exam to understand your situation. If necessary, X-rays maybe taken. These are covered in your initial consultation cost, which is free for your first visit! During your initial visit, a care plan/wellness plan will be reviewed with you. Each case is different, but subsequent visits will only last about 5 minutes!

Do adjustments hurt?

Chiropractic manipulation is a highly controlled movement that rarely causes discomfort because minimal force and gentle pressure are used. In fact, most patients feel relief immediately following treatment.

How much do adjustments cost?

The first thing we will do is take a look at your insurance coverage that you have to determine if it accommodates our care. If not, we have very affordable rates for adjustments. If you have been involved in an auto accident your appointments are covered by MN No Fault. If you are apart of one of our partnered training facilities we also have special rates for you as well!

Is a Chiropractor considered a doctor?

Most patients do not realize how much education chiropractors have. Chiropractors are held to some of the most intense educational standards of any health field. In fact, their education standards are very comparable to that of a medical doctor. After completing a strong emphasis of basic sciences in college, chiropractors attend a four year chiropractic college. This means that chiropractors are primary care physicians and you do not have to have a referral to see a chiropractor.