

Focus on Chamber Businesses: Schierholz Chiropractic and Acupuncture Pat McCarty, Licensed Massage Therapist Clinic

Andy Schierholz Chiropractic and Acupuncture and Pat McCarty, Licensed Massage Therapist (LMT) office offers a variety of services in preventative health care to help promote healthy living. The two joined forces in 2009 to provide a comfortable and friendly place for people to visit for their alternative health care needs. This clinic offers: manual and instrument adjusting, massage therapy, reflexology, acupuncture, nutritional supplements, and a full line of Tempur-Pedic products.

“Chiropractic care helps with a variety of things, relief of muscular-skeletal problems and helps with immune function as a preventative care,” Schierholz, Doctor in Chiropractic Care (DC) said. “Pat helps with a bunch of things like headaches and pain relief.”

Schierholz obtained his degree from Northwestern Health Science University (NWSU) in Bloomington, Minnesota. Not only did Schierholz do national and state boards for chiropractic care but had to take an extra board for acupuncture. In addition to his previous studies, he continues his learning with 30 hours of additional education a year.

When a new patient comes to the clinic they will fill out paper work to help McCarty and Schierholz identify with the needs and wants of their clientele.

“They fill out a health questioner, just so we know what they are taking for medication to help avoid energy,” said Schierholz. “Then we’ll review what area they want adjusted or what corresponds with what the doctor wants.”

Chiropractic care and massage therapy is not just for those patients who have been involved in an accident or who are suffering from chronic neck or back pain. These therapies can benefit many people with a great number of health conditions. According to joint.com, ‘life's daily stressors add up impacting the human body in far greater ways than you might realize. As a natural health care approach, regular chiropractic adjustments can restore and maintain balance within your body, leaving you better prepared to live life to its fullest.’

“(I offer) stress relief, sports massage, reflexology and adjunct care with Chiropractic care,” McCarty said.

McCarty received her degree from Gateway College Massage Therapy in south Sioux City, Nebraska, and does 12 hours of continued education every year.

“Reflexology may be administered safely at any age, anywhere and anytime to relieve pain, tension and restore vitality, stimulate glands and encourage the natural healing process,” McCarty said.

Schierholz Chiropractic & Acupuncture:

Quick answers for consumers:

1. **Office hours:** Monday 9-1, 2-6, Tuesday 9-1, Wednesday 9-1, 2-6, Thursday 3-7 and Friday 9-1
2. **Location:** 128 S Central Ave. Hartley, IA 51346
3. **Contact info:** 712.928.2653, hartleychiro.com and add them to Facebook
4. **Something people may not know about acupuncture:** Two to twelve needles are used; the needles are very fine and solid so they don't tear the skin and shouldn't cause bleeding. If people are afraid, the needles may be able to be placed in spots where patients won't be able to see them. Benefits from this are great including; headaches, muscular-skeletal problems and sinus congestion. Those are the tops ones, however it can be done to help people quit smoking.

McCarty Massage Therapist:

1. **Office hours:** Mon. & Tues. 1-6
Wednesday 9-6
2. **Contact info:** 712.928.2653
3. **Something people should know about your business:** Health benefits of massage are generally considered alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. It has been shown to help with stress relief, managing anxiety and depression, pain, stiffness and sports-related injuries.
4. **How she gives back to the community:** McCarty also volunteers some of her time to give massages to hospice patients.