



Fralick to open Life in Motion Chiropractic & Wellness in Ridgway

Dr. Cheyenne Fralick is proud to announce the opening of Life in Motion Chiropractic & Wellness at 205 Main St. in Ridgway. The projected opening day is Monday, Feb. 23.

Fralick hopes to provide extensive one-on-one evaluation and holistic treatment that will assist in overcoming musculoskeletal pain. She hopes to address the structural causes of the pain (muscle and skeletal tissues) but also the functional causes (altered body mechanics due to injury, ergonomics, muscle imbalance, posture) and implement a uniquely individualized course of chiropractic



Dr. Cheyenne Fralick

care that will relieve pain, restore range of motion, aid rehabilitation and encourage self-efficacy.

Fralick believes that the body has the ability to heal itself and it is her job to facilitate the healing process via unique skills with

evidence based manual medicine and scientifically proven treatment methods.

Fralick finished her undergraduate work in Exercise Science at

the University at Buffalo. Fralick then pursued a Doctorate in Chiropractic at New York Chiropractic College. During the internship phase of her training, Fralick had the opportunity to serve in several outpatient facilities associated with the NYCC Depew Health Center in Buffalo, N.Y. This experience allowed Fralick to work with people from all walks of life and prepared her for her ultimate goal of opening a family practice.

Having played Division 1 Softball and Club Volleyball at UB, Fralick developed a desire to address sports injury and expanded upon her knowledge in exercise

science by completing the sports module elective at NYCC as well as becoming a certified kinesio taping practitioner. This expanded her internship training opportunities allowing her to treat athletes of all ages at events such as marathons, rowing competitions, and track meets.

Fralick's devotion to excellence led to her being named to the Phi Chi Omega honor society while at NYCC, and has continued to expand upon her knowledge, skill, and ability by completing her Masters Degree in Applied Clinical

SEE FRALICK ON PAGE 3

cal Nutrition, and is now certified to provide pediatric and prenatal chiropractic care.

In October 2013, Fralick achieved recognition as a primary spine practitioner which enhanced the already exemplary primary spine care at Life in Motion Chiropractic and Wellness.

During the first six months of 2010, Dr. Fralick fulfilled an employment opportunity in Cary, N.C. as a chiropractic associate and office manager at Triangle Wellness Chiropractic and Holistic Care

before returning to New York State to open Life in Motion Chiropractic and Wellness with Dr. Sean Konrad. With family always being an important part of her life she wanted to find a permanent home that was closer to her native Kennedy, N.Y. When the opportunity arose, Fralick and Konrad decided to open a practice here in Ridgway. Konrad will be joining Fralick later this summer.

Fralick is looking forward to serving the community and sharing her expertise.