



ADAM MILLS
DC

CHIROPRACTOR



MEET THE DOC

Dr. Adam Mills is board certified by the National Board of Chiropractic Examiners. He specializes in acute severe low back and neck pain, migraines, soft tissue injury, and rehabilitation.

Dr. Mills grew up in a small town in rural Colorado. He completed his Bachelor's Degree at Colorado State University in Pueblo, CO. He went on to complete his chiropractic training at Parker University in Dallas, Texas where he graduated December, 2013. Dr. Mills utilizes chiropractic both for preventative care as well as to address acute injuries and chronic pain. Its non-invasive approach gives patients another tool to regain and maintain their health.

CARING

Caringly develops an individualized plan to help patients achieve their specific goals

COMMITTED

Committed to improving his patients' quality of life by reducing pain and improving daily function

COMPREHENSIVE

Comprehensive multidisciplinary approach to chiropractic care using state-of-the-art techniques and procedures

Contact Us: (208) 457-4208

info@axisspinecenter.com

axisspinecenter.com



Chiropractic Care

Our non-invasive approach gives our patients another tool to regain and maintain their health. We utilize this both for preventative care as well as acute injuries and chronic pain.

We focus on conditions of the musculoskeletal system and nervous system and are experts when it comes to spinal adjustments and manipulation.

The adjustment coupled with stretching, soft tissue mobilization and exercise therapy is an optimal way to restore spinal health.

The purpose of spinal adjustment is to restore mobility in the spine or other joints with tissue damage, which decreases pain and muscle tightness and allows for healing.

PRIMARY SERVICES

- » **Diversified Technique**
- » **Thompson Technique**
- » **Impulse Instrument Assisted Adjusting**
- » **Flexion Distraction**
- » **Instrument Assisted Soft Tissue Mobilization**
- » **Rock Tape Certified**

Contact Us: (208) 457-4208

info@axisspinecenter.com

axisspinecenter.com