



Heart of Florida Chiropractic, Inc.  
350 S. 10th Street  
Haines City, FL 33844  
863-422-4575

<http://www.heartoffloridachiropractic.com/>

Headline: April 2022 Spotlight - Heart of Florida Chiropractic, Inc.

Haines City, FL - April 2, 2022 marks 10 years for Heart of Florida Chiropractic, Inc. Drs. Douglas C. Gagnon, Jr. and Carys Felton serve the Northeast Polk Community and provide chiropractic care for its residents. Carys Felton, DC graduated from Life University in Marietta, Georgia, and Douglas C. Gagnon, Jr., DC graduated from Palmer Chiropractic College in Port Orange, Florida. Having graduated from two different chiropractic schools has allowed Heart of Florida Chiropractic to take a unique collaborative approach to patient care. During the past 10 years, they have seen their practice and family grow. Since opening Heart of Florida Chiropractic in 2012, they got married in 2013 and welcomed their two children, Mia in 2015 and Davis in 2018, all while building their business.

At Heart of Florida Chiropractic, they are passionate about improving the quality of life for their patients. Chiropractic is a healthcare profession with a focus on the spine and the other joints throughout the body and the connection to the nervous system. By adjusting subluxations, or misalignments, using a variety of gentle techniques, chiropractors are able to restore joint function and support the nervous system with a goal of promoting optimal health and well-being. On any given day, they can go from seeing a pregnant patient to a newborn baby, a high school athlete to a senior citizen, and everything in between.

The office offers a variety of adjusting styles to best meet their patient's needs including: Thompson Drop, Diversified, and Upper Cervical Toggle Recoil Technique. Thompson Drop utilizes a table with specialized parts that move. The Diversified technique addresses the full spine with manual hands-on adjusting, and the Upper Cervical Toggle Recoil Technique focuses on the top two bones in the spine.

In addition to those techniques, collectively known as the Palmer Package Techniques, both doctors maintain their Advanced Proficiency Rating through ongoing continuing education with Activator Methods. The Activator Technique is a gentle adjusting technique that utilizes a hand held adjusting instrument and is a great low-force chiropractic technique for patients of all ages. Both Chiropractors are also certified in the Webster Technique through the International Chiropractic Pediatric Association (ICPA). The Webster Technique helps bring balance to the pelvis and is particularly beneficial during pregnancy by reducing the effects of the sacral subluxation and dysfunction and improving the neuro-biomechanical function of the pelvis. Dr. Gagnon has also recently completed additional perinatal continuing education through the ICPA and will be wrapping up the testing component soon and hopes to have his Perinatal Certification in the next few months.

Both Chiropractors have enjoyed being active participants in the Chamber of Commerce and Northeast Polk County Community since opening Heart of Florida Chiropractic and Dr. Carys Felton has welcomed the opportunity to serve on the Chamber Board of Directors as well. Service and community involvement has always been important to Heart of Florida Chiropractic. In addition to the Chamber, they both serve on the Massage Therapy Advisory Committee at Ridge Technical College, where Dr. Felton is the current chairperson. Dr. Felton is also wrapping up her term as the President of the Inner Wheel Club of Haines City and is looking forward to stepping into the role of Inner Wheel Foundation Coordinator for both the Haines City Club and their District. Over the years they have served in numerous capacities volunteering for the American Cancer Society's Relay For Life event. They also regularly support the Polk Education Foundation, the Hearth Project, and Turtle Will Triumph through various fundraisers throughout the year. They even participated in Stepping Out For Education, the Polk Education Foundation's 'Dancing With the Stars' style fundraiser, in 2019.

In addition to celebrating 10 years at Heart of Florida Chiropractic this April, in August of this year, Dr. Gagnon will be celebrating 10 years as an adjunct professor at Polk State College where he enjoys teaching Anatomy & Physiology, Wellness Concepts and Wellness: Nutrition, Personal Growth & Fitness.

Heart of Florida Chiropractic is located at 350 S. 10<sup>th</sup> Street in Haines City inside the Green Medical Center near the Lake Eva Event Center. Visit their website at [www.heartoffloridachiropractic.com](http://www.heartoffloridachiropractic.com), or call the office at 683-422-4575.

Contact: Heart of Florida Chiropractic  
[heartoffloridachiropractic@gmail.com](mailto:heartoffloridachiropractic@gmail.com)

