



## MEET THE TEAM



### DR. BECKETT MCEWEN

Dr. Beckett, from Cheshire, Connecticut, joins our team with a background in athletics and a deep-rooted passion for healthcare. Educated at Southern Connecticut State University and Palmer College of Chiropractic, he excels in combining exercise science with chiropractic care. Dr. Beckett specializes in family health and athlete care, known for his personalized approach and commitment to enhancing physical health and performance.



### DR. HANNAH SCHILTZ

Dr. Hannah is a dedicated chiropractor with a family legacy in the field. Hailing from Des Moines, Iowa, and an Iowa State University alumna, she brings a rich background in kinesiology. Dr. Hannah, a graduate of Palmer College of Chiropractic, specializes in pediatrics and pregnancy care, holding a Webster Certification. Known for her empathetic approach and commitment to family health. Dr. Hannah is ready to support families with her expertise and compassion.

## OUR MISSION

At Current Chiropractic, serving Hermitage and Mt. Juliet, our mission is to create a supportive, welcoming environment where patients feel heard and valued. We build lasting relationships based on trust and collaboration, offering personalized treatment plans that focus on overall health and long-term wellness. Beyond treatments, we prioritize patient education and empowerment, helping our patients make informed decisions and take an active role in achieving optimal health outcomes.

# WHAT WE DO



At Current Chiropractic, our approach is designed around natural healing and long-term wellness. We provide a full spectrum of chiropractic care, including:

- **Spinal Adjustments:** Precise, gentle adjustments to align your spine and restore mobility, reducing pain and improving function.
- **Posture & Alignment Assessments:** Our advanced postural analysis gives us a clear view of how your body moves and identifies areas needing correction.
- **Corrective Exercises:** Custom exercises to strengthen weak areas and maintain your spinal health between adjustments.
- **Flexion-Distraction:** A technique designed to improve mobility in the spine by focusing on controlled movements that target spinal flexibility and pain relief.
- **Neuromuscular Re-education (NMR):** A therapy that retrains your muscles and nerves to work together more effectively, improving coordination and reducing discomfort.
- **Y-Axis Traction:** A decompression technique that relieves pressure on your spine by gently stretching along the Y-axis, promoting healing and pain relief.
- **Posture Tools:** Specially designed tools to support spinal alignment and posture correction, used in conjunction with adjustments for optimal results.



# What symptoms can chiropractic care treat or alleviate?



A common misconception is that chiropractors solely treat back pain. In reality, chiropractic care can help treat a wide array of health conditions. At Current Chiropractic in Hermitage, TN, we regularly apply chiropractic treatments to a diverse range of issues, demonstrating the extensive scope of care provided by chiropractic professionals. Here are some examples of what we regularly treat with chiropractic care at Current Chiropractic:

- **Back Pain:** Chiropractic adjustments can help reduce back pain by restoring proper alignment to the spine, improving flexibility, and decreasing strain on surrounding muscles and ligaments.
- **Neck Pain:** Adjustments and other chiropractic techniques can relieve neck pain by realigning the spine, reducing nerve compression, and improving posture.
- **Disk Injuries:** Chiropractic care can assist in the management of disk injuries by reducing disk pressure, enhancing spinal health, and promoting better alignment.
- **Sciatica:** Chiropractic adjustments can relieve pressure on the sciatic nerve caused by herniated disks or spinal misalignment, reducing pain and improving leg mobility.
- **Headaches:** Adjustments that improve spinal alignment and reduce neck tension can decrease the frequency and intensity of headaches, including tension headaches and migraines.
- **Migraines:** Regular chiropractic care can help reduce the frequency and severity of migraines by relieving muscle tension and improving nervous system function.
- **Sports Injuries:** Chiropractic care can speed up recovery from sports injuries by improving joint mobility, reducing inflammation, and enhancing muscle function.
- **Subluxations:** Chiropractic adjustments are particularly effective in correcting subluxations, which are misalignments of the vertebrae that can disrupt nervous system function and overall health.
- **Pinched Nerves:** By realigning the spine and reducing pressure on nerves, chiropractic care offers a non-invasive solution to relieve pain and restore nerve function.
- **Whiplash:** Chiropractic techniques can help restore normal neck mobility and reduce pain following a whiplash injury, often experienced in auto accidents.
- **Pregnancy:** Chiropractic care during pregnancy can alleviate common discomforts such as back pain and improve pelvic balance, potentially facilitating a smoother delivery.
- **Pediatrics:** Pediatric chiropractic care supports children's overall health and development by ensuring the spinal column is properly aligned, which can improve their posture and immune system function.

# Why you should consider chiropractic treatment.



Chiropractic care is about more than just pain relief—it's about creating balance in your body for overall health and wellness. Here's how chiropractic care helps:

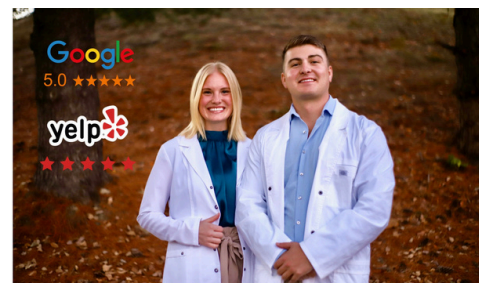
- **Annual Treatments in the U.S.:** Chiropractors treat over 35 million Americans, including adults and children, every year.
- **Educational Requirements:** To become a chiropractor, individuals must complete a minimum of 4,200 hours of laboratory, clinical, and classroom internships during a four-year doctoral program.
- **Cost Savings:** By opting for chiropractic care instead of traditional doctor visits for chronic back pain, patients save about \$83.5 million annually in Medicare expenses. Additionally, regular visits to a chiropractor can lower pharmaceutical expenses by 85% or more.
- **Reduced Surgery Likelihood:** Patients are nearly 30 times less likely to need spinal cord surgery when they visit a chiropractor instead of a surgeon at a hospital.
- **Reduction in Hospital Visits:** Visiting a chiropractor reduces the likelihood of needing to visit a hospital by 60%.
- **Recognition as Health Practitioners:** Chiropractors are the highest-rated health practitioners for treating lower back pain.

Chiropractic services offered by Drs. Hannah and Beckett are not only beneficial for everyday discomfort, but also for more severe health issues. The American College of Physicians, one of the world's most prominent medical organizations, now recommends spinal manipulation as a primary treatment for back pain. A key advantage of chiropractic care is its status as a safe, natural, and effective method for addressing pain and various health conditions. In light of the global opioid crisis, where the misuse of prescription opioids poses a significant health risk, chiropractic care emerges as a natural alternative, free from the risks associated with prescription or over-the-counter medications.

# Why Choose Current Chiropractic?



Choosing a chiropractor is an important decision. Here's why so many patients in Hermitage and Mt. Juliet trust Current Chiropractic for their care:



- **Holistic Approach:** We focus on treating the whole person, not just the symptoms. Our treatments are designed to promote long-term health and well-being.
- **Family-Friendly:** We specialize in providing care for patients of all ages, from newborns to seniors.
- **Personalized Care:** Each treatment plan is unique, tailored to your specific needs and health goals.
- **Expertise in Pregnancy & Pediatric Care:** Dr. Hannah's certification in the Webster Technique ensures that mothers and babies receive specialized care for healthier pregnancies and childhood development.
- **Community-Centered Care:** We take pride in serving the Hermitage and Mt. Juliet communities, helping our neighbors live healthier, happier lives.
- **Plan for Lasting Results:** We focus on sustainable health solutions, not just quick fixes. Our goal is to create a plan that leads to lasting health improvements.
- **Proactive Wellness Strategies:** We encourage proactive health management, offering strategies and education to prevent issues before they start.

At Current Chiropractic, Drs. Beckett and Hannah are dedicated to delivering top-notch chiropractic care. They prioritize continual learning and staying current in their field to ensure every patient departs in better condition than when they arrived. Emphasizing a family-like approach, they treat each patient with the utmost care and attention.



# What to Expect During Your First Visit



Your first visit to Current Chiropractic will be an in-depth assessment to ensure we understand your unique needs and health goals. Here's what to expect:

- **Health History:** We'll review your medical history and discuss your current health concerns and goals.
- **Physical Exam:** We'll conduct a thorough physical exam, including assessing your posture, movement patterns, and spine.
- **Posture Analysis:** Using our advanced postural technology, we'll identify any misalignments or areas of dysfunction.



Your second visit to Current Chiropractic will be a report of findings to ensure you understand your specific spinal needs. Here's what to expect:

We utilize a two-day approach to ensure our doctors have the time to meticulously review each case and devise the most effective treatment plan. This careful consideration allows us to provide personalized care, ensuring **we never guess** when it comes to your health.

- **Doctor's Report:** The doctor will present findings from your initial assessment, highlighting what is contributing to your symptoms and pain.
- **Health Blueprint:** We will outline a personalized health blueprint, detailing the comprehensive plan and recommendations designed to address your specific health challenges and goals.
- **Treatment Session:** You will receive treatment on this visit as part of our proactive approach to start your journey to better health immediately.



# Patient Testimonials – Hear from Our Happy Patients



★★★★★ 7 months ago

Great practitioners and a very wholesome vibe at Current. If you're looking to get adjusted by professionals, look no further.

★★★★★ 5 days ago **NEW**

I love Dr Beckett and Dr. Hannah!! I literally could not walk when I first came I. I am now back to my normal activities. ... [More](#)

★★★★★ 3 years ago

Best adjustment ever!!!! He's very professional and super nice. Definitely will have him adjust me again.

★★★★★ 3 years ago

Amazing Doc! Really takes the time to connect with his patients and clearly knows what he is doing. Very recommended!

★★★★★ 4 months ago

Dr. Beckett and Dr. Hannah are one of the coolest chiropractors you'll meet in the Hermitage area. They are super professional and so much fun to be around. They have adjusted me about 4 times already and I can tell the different in my ... [More](#)

★★★★★ a month ago

Dr Beckett and Dr Hannah are the absolute best. I've bounced around chiropractors over the years and I'm very pleased with how thorough they have been with me from the start. They are invested in your health and well-being and have a plan to help you achieve your goals. I feel so much better since I started going to them. My posture has improved immensely, my lower back pain no longer bothers me. couldn't recommend them more. They are great chiropractors and great people.

★★★★★ a month ago

Dr. Hannah is working wonders with my pain levels and posture. She treats the root cause not just the symptoms! Alleviate the root cause any alleviate the pain/symptoms. She is flexible with scheduling and makes it easy for me to work around my busy work schedule! Thank you Dr. Hannah!

★★★★★ 5 months ago

I've been seeing Dr. Hannah for quite some time now. Her knowledge and care for chiropractic is amazing! She has helped me back to almost 100%! Truly recommend for anyone seeking care!!

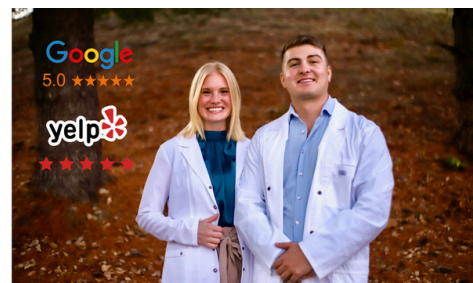


# Special Offer – Start Your Journey to Health for Just \$27!



We're excited to offer new patients a special introductory price of \$27 for their first visit, which includes:

- Comprehensive Health History
- Physical Exam
- Posture Analysis
- Personalized Care Plan



## Ready to book your appointment?

- Visit us: [currentchirowellness.com](https://currentchirowellness.com)
- or call us at (615) 882-4497 to schedule your first visit and start your journey to better health.

