

Gwen VanDooren, D.C.
717 Buttercup Road
Hailey, ID 83333
208-720-3023

About Me:

I was born and raised in the Pacific Northwest and have always been active in the outdoors. 20 years ago, my husband and I moved to the Wood River Valley to raise our family. It was a great decision on our part. We love the easy access to all the recreation this valley has to offer. When not working, or spending time with my family, I love to hike with my dogs, mountain bike, camp, nordic ski, ski.....really just getting outside and playing in any form is fun!

Techniques Offered:

Diversified Chiropractic Technique
Activator
Extremity Adjustments
Webster Technique
Custom Functional Orthotics

Adjunctive Therapies:

Myofascial Release
Soft tissue massage
Trigger Point Therapy
Active Release Technique
Kinesiotaping

Credentials/Education

B.S. Bachelor of Science: General Science-Biology, University of Oregon
D.C. Doctor of Chiropractic, Palmer College of Chiropractic-West
C.C.E.P. Certified Chiropractic Extremity Practitioner
Kinesiotape Certified Practitioner
Webster Technique Certified
Licensed in Idaho, Oregon and Washington

What I do:

One of the many benefits of having a home practice, is the luxury of time it gives me. I have the opportunity to take time with each of my patients. I can assess their body at each visit, incorporate massage or soft tissue treatments, adjust extremities if needed, all working together to allow for a gentle chiropractic spinal adjustment.

The chiropractic spinal adjustment represents the cornerstone of the chiropractic treatment. Spinal adjustments are used successfully to treat a variety of different soft tissue disorders, as well as a number of other health problems. Chiropractic doctors are the only healthcare providers trained to deliver the chiropractic spinal adjustment.

A spinal adjustment is the process of applying a quick but gentle pressure to the "subluxated" vertebra in a corrective manner. The adjustments are not and should not be painful. In fact,