

The Shift Chiropractic Earns Top 5 Best of Oakland Recognition After 12 Years of Holistic, Community-Centered Care

Oakland wellness center celebrates 12 years of diverse, community-centered holistic chiropractic care with prestigious Best of Oakland honor.

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EINPresswire.com/ -- [The Shift](#)

[Chiropractic](#), a leading wellness center dedicated to holistic healing and inclusive healthcare, has been recognized among the Top 5 Best of Oakland healthcare providers in their 12th year of serving the diverse Oakland community. This prestigious recognition highlights the practice's unwavering commitment to providing exceptional chiropractic care while celebrating the rich diversity of their practice members.



Drs. Ben and Irina of The Shift Chiropractic celebrate their Top 5 Best of Oakland recognition after 12 years of serving Oakland's diverse community with holistic chiropractic care.

Founded by Drs. Ben and Irina, The Shift Chiropractic has built a thriving practice through

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Dr. Ben Glass

genuine dedication to Oakland's unique and vibrant community. Over the past twelve years, the practice has distinguished itself by embracing a holistic approach to healing that goes beyond traditional chiropractic adjustments, incorporating comprehensive wellness strategies tailored to each individual's needs and background.

The practice's philosophy centers on creating an inclusive environment where patients from all walks of life feel

welcomed and understood. This commitment to diversity has become a cornerstone of their

success, with practice members representing Oakland's rich multicultural tapestry. From tech professionals dealing with postural stress to blue-collar workers managing repetitive strain injuries, The Shift Chiropractic provides personalized care that respects each patient's unique circumstances and cultural perspectives.

As an established [Oakland chiropractor](#) team, Drs. Ben and Irina have witnessed firsthand how the city's dynamic growth has created new health challenges for residents. Their holistic approach addresses not just immediate pain relief, but the underlying lifestyle factors that contribute to spinal health issues in urban environments.

"Oakland chose us as much as we chose Oakland," said Dr. Ben. "This community has taught us that true healing happens when healthcare providers really listen to their patients and honor where they come from. Our Top 5 recognition isn't just about our clinical skills – it's about how we've learned to serve this incredible, diverse community with the respect and care everyone deserves."

The practice's holistic methodology combines traditional chiropractic techniques with modern wellness approaches, including nutritional counseling, stress management, and lifestyle modification strategies. This comprehensive care model has proven particularly effective in Oakland's diverse population, where cultural attitudes toward health and healing vary significantly.

Dr. Irina emphasizes the importance of cultural competency in healthcare delivery. "Every patient who walks through our doors brings their own story, their own relationship with their body, and their own healing traditions. Our job is to honor that while providing the best possible



The welcoming interior of The Shift Chiropractic's Oakland wellness center, designed to create an inclusive environment for patients from all backgrounds seeking holistic healing.



The Shift Chiropractic provides personalized holistic chiropractic care to Oakland's diverse community, addressing everything from car accident injuries to workplace ergonomic issues.

chiropractic care. That's what makes our practice truly holistic."

Comprehensive Care for Oakland's Unique Health Challenges

The Shift Chiropractic specializes in treating conditions commonly seen in Oakland's diverse workforce and active community. From tech workers experiencing forward head posture and carpal tunnel syndrome to BART commuters dealing with chronic lower back pain, the practice addresses the real health challenges facing Oakland residents daily.

Car accident injuries represent another significant focus area for the practice. With Oakland's busy highways including Interstate 880, Highway 580, and the Bay Bridge approaches, motor vehicle accidents unfortunately remain common. Drs. Ben and Irina have developed specialized protocols for treating whiplash, soft tissue injuries, and the complex pain patterns that can develop weeks or months after automotive trauma.

The practice also serves Oakland's substantial population of manual laborers, warehouse workers, and service industry employees who face repetitive strain injuries and workplace-related musculoskeletal problems. Their treatment approach recognizes that effective healing must account for patients' work demands and economic realities.

Modern Techniques Meet Traditional Wisdom

The Shift Chiropractic combines evidence-based chiropractic techniques with complementary therapies that resonate with Oakland's health-conscious population. Their treatment protocols include spinal manipulation, soft tissue therapies, corrective exercises, and lifestyle counseling tailored to each patient's cultural background and personal preferences.

The practice maintains strong relationships with other Oakland healthcare providers, including massage therapists, acupuncturists, physical therapists, and medical doctors. This collaborative approach ensures patients receive comprehensive care that addresses all aspects of their health and recovery.

Patient education plays a crucial role in The Shift Chiropractic's success. Rather than simply providing temporary pain relief, Drs. Ben and Irina focus on teaching patients about spinal health, proper ergonomics, stress management, and injury prevention strategies they can implement at home and work.

Community Engagement and Future Growth

The Best of Oakland Top 5 recognition comes at a time when The Shift Chiropractic continues to expand their services and community outreach efforts. The practice regularly participates in Oakland community health fairs, provides educational workshops on spinal health and injury prevention, and partners with local businesses to offer workplace wellness programs.

Looking ahead, Drs. Ben and Irina plan to expand their educational offerings and develop new programs specifically designed for Oakland's aging population and the growing number of remote workers who developed postural problems during the pandemic years.

The practice's commitment to accessibility extends beyond cultural competency to include flexible scheduling options, transparent pricing, and assistance with insurance navigation - recognizing that healthcare barriers often prevent Oakland residents from getting the care they need.

"Twelve years ago, we chose Oakland because we believed in this community's potential," added Dr. Irina. "Today, being recognized as a Top 5 provider validates not just our clinical skills, but our commitment to serving every person who walks through our doors with the dignity and expertise they deserve."

For more information about [holistic chiropractic care](#), car accident injury treatment, and comprehensive wellness services, please visit:

<https://theshiftchiro.com/>

Dr. Ben Glass

The Shift Chiropractic

+1 510-858-5370

[email us here](#)

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