Franklin Chiropractic practice responds to growing demand for personalized, nervous system-focused care.

Hands on Health Family Chiropractic provides personalized chiropractic care in Franklin, TN focused on nervous system health, movement, and long-term wellness.

FRANKLIN, TN, UNITED STATES, August 11, 2026 /EINPresswire.com/ -- As more people search for natural ways to improve their health, Hands on Health Family Chiropractic is helping individuals and families throughout Franklin optimize the health of their nervous system through personalized chiropractic care.

Rather than simply chasing symptoms, the practice focuses on restoring healthy communication between the brain and body. Because the nervous system coordinates every function—from movement and balance to healing and recovery—improving spinal function can help the body adapt more effectively to physical, chemical, and emotional stress.

Located in historic downtown Franklin, Hands on Health Family Chiropractic is led by husband-and-wife chiropractors Dr. Matt Garofolo and Dr. Stacey Farquhar, who bring more than 45 years of combined clinical experience caring for patients of all ages. Their boutique practice intentionally limits patient volume so every individual receives one-on-one attention and care tailored to their unique health goals.

"Our goal isn't simply to help people feel better for a few days," says Dr. Stacey Farquhar. "We want to help their bodies function better over the long term by improving the health of the nervous system. When the brain and body communicate more efficiently, people are often better able to move, recover, and adapt to life's daily stresses."

Operating as a boutique, low-volume practice, Dr. Garofolo and Dr. Farquhar personally care for every patient. Their collaborative approach allows patients to benefit from the combined experience of two chiropractors, each bringing different clinical strengths, adjusting styles, and perspectives while sharing the same philosophy of individualized, nervous system-focused

care.

Every visit includes an Erchonia low-level laser treatment along with a chiropractic adjustment tailored to the individual patient. Rather than relying on a single technique, Dr. Garofolo and Dr. Farquhar draw from a variety of chiropractic adjusting methods based on each person's age, health history, comfort level, and clinical findings. Because each doctor brings a unique approach developed through decades of experience, patients benefit from two distinct perspectives and a wider range of treatment options within one practice. Care may also include targeted soft tissue therapy, movement recommendations, nutritional guidance, and lifestyle education designed to support lasting improvements in function and overall health.

Hands on Health Family Chiropractic welcomes adults, teenagers, and families seeking a more proactive approach to health. Patients commonly visit for help with neck and back discomfort, headaches, posture concerns, women's health concerns, and injuries related to overuse or inactivity. Many choose to continue care long after their initial concerns have improved, recognizing the value of proactive wellness and nervous system optimization. Rather than focusing solely on pain relief, the practice emphasizes helping patients move better, function better, adapt more effectively to life's physical and emotional stresses, and build greater long-term resilience through improved nervous system health.

"Our patients appreciate that we take the time to truly listen," says Dr. Matt Garofolo. "Every person's nervous system, lifestyle, and health history are different. We believe chiropractic care should reflect that, with recommendations and techniques tailored to the individual rather than a one-size-fits-all approach."

Every new patient receives a comprehensive consultation, health history review, and spinal assessment before receiving personalized recommendations based on their individual needs and goals.

To learn more or schedule an appointment, visit our website.

Front Desk
Hands on Health Chiropractic
+1 615-475-8802
email us here

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