MaxLiving Chiropractic ? Tech Ridge Profiles Owner and Lead Chiropractor Dr. Sara Richa in Austin, TX

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MaxLiving Chiropractic - Tech Ridge profiles the professional background of Dr. Sara Richa as their lead chiropractor in Austin, TX. Dr. Sara Richa serves as the owner and Doctor of Chiropractic at the clinic in North Austin. Her career path combines prior direct work with children who have developmental disabilities and subsequent specialized chiropractic training.

Dr. Sara Richa received a Bachelor?s Degree in Health Sciences from James Madison University in 2016. She then worked as an Applied Behavior Analysis therapist, delivering in-home early intervention therapies for children with Autism and other disabilities. This experience involved hands-on support for families managing neurological and behavioral challenges over extended periods.

During her time as a therapist, Dr. Sara Richa explored additional supportive options for children with Autism. She shadowed a chiropractor, which led her to enroll at Life University. She graduated with honors with a Doctorate of Chiropractic degree.

Following graduation, Dr. Sara Richa completed advanced training in spinal correction, nutrition, exercise, and detoxification at one of the largest female-owned health clinics in the country. She holds certification through the Pediatric Experience for pediatric and family care. She maintains membership in the International Pediatric Association and certification in the Webster Technique for prenatal applications.

The clinic utilizes the 5 Essentials framework, which consists of Core Chiropractic, Nutrition, Mindset, Oxygen and Exercise, and Minimize Toxins. This model structures care around identification and reduction of factors that may interfere with normal body function. Patient visits follow a defined sequence. The process starts with a review of health history, including concerns, limitations, and goals. Data collection may include assessments or imaging. Results receive analysis in subsequent visits. Personalized plans are then created, with education provided to support ongoing management.

Research on manual therapies, including chiropractic, for pediatric conditions such as ADHD and autism spectrum disorders includes systematic reviews and case series. Some studies report observations of symptom changes, while others note limited high-quality evidence and the need for further rigorous investigation. Systematic reviews of manual therapy in pediatric populations have evaluated multiple conditions, including ADHD and autism, with varying methodological quality across studies.

As chiropractor in Austin, TX, Dr. Sara Richa applies her background in child development support within the clinic setting. Her prior role as a behavioral therapist informs her engagement with families seeking care for a range of concerns from infancy onward. The clinic serves individuals and families from diverse backgrounds in the North Austin area.

" My experience providing in-home therapies for children with developmental disabilities highlighted the importance of nervous system function and led me to chiropractic as a complementary approach," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

Care at the clinic emphasizes a collaborative process between practitioner and patient. Education forms a consistent element, enabling individuals to understand the structured steps and participate in their care plans. The 5 Essentials guide recommendations across multiple aspects of daily living without replacing conventional medical oversight.

" The combination of detailed health history review, data analysis, and the 5 Essentials framework helps create individualized strategies that address each patient's specific circumstances," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

The clinic operates in the Tech Ridge neighborhood of North Austin. Services focus on principled chiropractic methods within the established framework. Utilization of chiropractic care nationally includes millions of visits each year, with a portion dedicated to family and pediatric patients. The profession continues to contribute to non-invasive options for musculoskeletal and wellness support.

Dr. Sara Richa?s transition from behavioral therapy to chiropractic reflects a sustained interest in family-centered care. Her certifications in pediatric topics and prenatal techniques align with the clinic?s scope of serving patients across age groups. The approach prioritizes thorough assessment and education as foundational elements.

MaxLiving Chiropractic - Tech Ridge is a chiropractic clinic in North Austin, Texas. The practice applies the 5

Essentials framework to assist individuals and families. It supports natural body processes through core chiropractic methods, nutritional considerations, mindset focus, exercise guidance, and strategies for minimizing toxins.

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MaxLiving Chiropractic - Tech Ridge

We take a holistic approach to finding the root cause of symptoms such as neck pain, back pain, hormonal imbalances, autoimmune conditions or any bodily dysfunction.

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