

I've always been passionate about health, wellbeing, and helping people live their fullest lives. From a young age, I knew I wanted a career centered around keeping people healthy—something that would not only serve others but also benefit my own future family. I loved science, anatomy, and being active, and I originally thought physical therapy might be the path for me.

While studying at UW-Stout, I took a part-time internship at the front desk of a family wellness chiropractic clinic. Within the first week, everything changed. I saw firsthand the powerful impact of regular chiropractic care: kids stopped wetting the bed, ADHD symptoms improved, ear infections resolved, adults regained mobility and better sleep—and above all, people were truly invested in their health. It was inspiring. And it planted a seed.

At the time, starting a business or going back to graduate school felt completely out of reach. My husband and I had just gotten married and were starting our family. But the call to chiropractic kept growing—especially once I became a mom. I realized how important it was to have the tools and knowledge to care for my own children naturally and effectively. And more than that, I wanted to share this level of care with other families. Everyone deserves that kind of support.

With my husband's full encouragement, we sold our home and moved to Minnesota with our 1- and 4-year-old children so I could pursue my Doctorate in Chiropractic. During my final year of school—while pregnant with our third child—I realized: if I could make it through that season, I could start my own practice.

I completed my internship at ChiroWay of Woodbury (franchise headquarters), where I refined my skills in Advanced Muscle Palpation—a technique that's especially effective and gentle for children and families. I also began working toward my 200-hour CACCP certification through the Academy Council of Chiropractic Pediatrics, deepening my training in pediatric and prenatal chiropractic care.

Now, nearly one year into owning my own family-focused practice, I feel honored and grateful to live out what once felt like a distant dream. I get to care for my community, support growing families, and homeschool my own children—all while staying grounded in my passion for helping others thrive through chiropractic.

Dr. Britney Binder, DC  
Family Chiropractor

