

SPINAL COLUMN

Chiropractor recognized by the RiverBend Growth Association

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Axis Spinal Care

Together, Dr. Matt Labertew and licensed massage therapist Carey Eveans are the backbone of Axis Spinal Care in Bethalto. Labertew's office has been recognized as the RiverBend Growth Association Business of the Month for January.

Axis Spinal Care
416 W. Bethalto Drive, Bethalto
(618) 377-9920
www.axisspinalcare.com

By FRED POLLARD
The Telegraph

BETHALTO - Just like finding the site of his clients' pain, Dr. Matt Labertew knew where he set up shop was vital to the success of his clinic.

"It was all about location," he said. "I knew I wanted to stay in the Bethalto area. I grew up here and I knew it would be the perfect spot to open my practice."

Axis Spinal Care, 416 W. Bethalto Road, has been recognized as the RiverBend Growth Association Business of the Month for January.

"I love being involved with the RBGA," Labertew, who also is an ambassador for the organization, said. "You get to meet people and network, and that is what it is all about. I am excited about the award; I think it is an honor to receive."

Labertew graduated from Civic Memorial High School in 1993 and attended Logan College of Chiropractic in Chesterfield, Mo., graduating in 1998.

His journey down the path to straightening out the backbone of his career began in school.

"I had a high school injury," he said. "I ended up going to a chiropractor, and he helped me out immensely. I liked the interaction and the idea that they helped me naturally."

"I am a people person, and the chiropractor asked me if I had ever considered the field."

After working with other establishments and schools, Labertew opened his current clinic in October 2010.

"We moved to this location to offer our clients a larger, more spacious office," he said. "This allowed us to have all private treatment rooms, space for a spinal decompression table, a room for the massage therapist, and an expanded area for all of our supplements and wellness products. We consistently strive to make a welcoming environment and enjoy decorating for every holiday."

Labertew's practice focuses on flexibility and stretching, including the use of flexion distraction tables to stretch the lower back and spinal decompression tables specifically for lower back and neck problems.

In addition to physical therapy-style sessions, Labertew also performs acupuncture.

"Acupuncture has been around for so long," he said. "It is very effective. I found conventional techniques could sometimes only get people to a certain level. When a condition cannot be completely resolved, with acupuncture I am seeing more response. It can help with sinus congestion, infertility, headaches and even high blood pressure. The gamut of what it can help is really amazing."

"Most people think acupuncture hurts, but many of my patients actually say it is relaxing and feels good."

Labertew said his patients refer him often and he considers other offices in the area to be colleagues, not competition.

"I love this community," he said. "I treat every patient like I would want my family treated and that is why my patients keep coming back."

Axis Spinal Care offers in-home visits as well, something most other clinics do not offer.

"By seeing patients in their homes or assisted living facility, I am able to offer all the benefits of chiropractic care for those who wouldn't otherwise be able to access it," he said.

A firm believer that a healthy lifestyle minimizes physical ailments, Labertew's office is a Standard Process food supplement provider.

"Today, our diets are so poor that if you do not eat 100 percent organic, you really need some sort of supplementation," he said. "I traveled to Wisconsin to check out this company. They have an organic farm

there used to make the supplements, and I believe this is the best choice to be healthier. I was very impressed with the tour.

"I believe in it, and I believe it will be good for my patients."

Through licensed massage therapist Carey Eveans, the office also offers massage therapy.

"I get regular massages myself," Labertew said. "Taking time out for yourself is important, and a lot of people do not do that."

In an era where views on health care are evolving and being re-examined, Labertew said more and more people are realizing how vital a healthy skeletal system can be.

"As recently as 10 years ago, chiropractic care had somewhat of a bad connotation, but that is just not the case anymore," he said. "The majority of the population will suffer some kind of back pain at least once during their lifetime. In major league sports, most athletes have chiropractors on staff, and I think there will come a time when seeing a chiropractor will become as common as seeing the dentist.

"It is part of regular maintenance that can be very effective."

Labertew said his philosophy is that he may not be able to cure everything, but "I will do my best to do what a chiropractor does, and if the pain goes away, then I have done my job."

Axis Spinal Care is open from 9 a.m. until noon and 2 until 6 p.m. Mondays, Wednesdays and Fridays, 9 a.m. until noon on Saturdays, and Tuesdays and Thursdays by appointment.

For more information, call (618) 377-9920.