

Catalyst Chiropractic is committed to the health and wellness of the community. We help patients create, maintain and improve their vitality so that they can accelerate their lives as happier, healthier, pain-free individuals. Call or email us to schedule your FREE consultation and accelerate your life today! #AccelerateYourLife!

After completing her Bachelor's Degree in Biomedical Sciences at The University of Wisconsin - River Falls, Catalyst Chiropractic Owner Dr. Erin Miller went on to complete her Doctorate of Chiropractic at Northwestern Health Sciences University. While obtaining her doctorate, Dr. Miller attended numerous seminars in addition to the required curriculum to enhance her skills in functional medicine, sports medicine, nutrition and applied kinesiology. Dr. Miller's services are not limited to treating neck and back pain with spinal adjustments. She also specializes in extremity adjustments, myofascial release, trigger point work, kinesiology tape, functional medicine, customized nutrition, lifestyle recommendations, and patient education.

Dr. Miller has successfully treated sports and repetitive motion injuries, including sprains, strains, body pain and stiffness affecting the neck, back, shoulders, hips, elbows, knees, wrists and ankles; nerve compression and entrapment issues, such as carpal tunnel, sciatica, and disc herniation; numbness, tingling and weakness of the arms and legs; headaches, migraines, TMJ, tinnitus, neuromas, vertigo, stress, gastrointestinal discomfort, acid reflux, male and female fertility issues, and many other conditions.

Dr. Miller became interested in chiropractic at the age of 17. As an active individual and athlete, her performance was hindered by back pain. She tried many types of treatment from various specialists to help alleviate her pain, but nothing helped. The only approach that mildly reduced her pain was taking high doses of Ibuprofen, but she worried about its impact on her liver and other organs. As a last resort she tried chiropractic. To her amazement, she immediately felt relief and knew then that chiropractic was her calling.

When she's not working, Dr. Miller enjoys the outdoors, hiking, alpine skiing, snowboarding, reading, and spending time with family and friends.

Schedule your FREE consultation and discover if Catalyst Chiropractic is right for you!

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