MaxLiving Chiropractic - Tech Ridge Highlights Pediatric Chiropractic Care for Families in Travis County, TX

September 14, 2026

AUSTIN, TX - September 14, 2026 -

MaxLiving Chiropractic - Tech Ridge highlights pediatric chiropractic care as part of its broader family wellness services for families in Travis County, TX. The clinic provides age-appropriate chiropractic visits for children and describes its pediatric approach as focused on gentle assessment, family education, and individualized care planning.

According to clinic materials, pediatric chiropractic visits may consider physical factors that occur during early childhood, including the physical demands associated with birth, the development of motor skills such as crawling and walking, and common childhood falls and other everyday activities. The clinic presents pediatric chiropractic care as one component of a broader family wellness plan and does not position chiropractic care as a replacement for pediatric medical care.

Pediatric visits at MaxLiving Chiropractic - Tech Ridge use techniques selected based on a child's age,

physical presentation, and individual circumstances. The clinic's approach emphasizes assessment and communication with parents or caregivers before recommendations are made. Families receive information about the findings from the visit and can discuss whether chiropractic care is appropriate as part of their child's overall care.

The clinic also emphasizes that children continue to require routine medical care from qualified pediatric healthcare providers. Parents and caregivers are encouraged to maintain relationships with their child's medical team and to seek appropriate medical evaluation for injuries, illnesses, developmental concerns, or other health issues. Chiropractic care is presented as a complementary service rather than a substitute for diagnosis, emergency care, medication, vaccination, specialist treatment, or other medical services.

Research regarding chiropractic care for children varies by condition and remains limited for many pediatric uses. Evidence does not establish chiropractic adjustments as a treatment or cure for childhood diseases or developmental disorders. For that reason, MaxLiving Chiropractic - Tech Ridge frames its pediatric services around individualized assessment, age-appropriate care, education, and coordination with a child's broader healthcare needs rather than promising specific medical outcomes.

The clinic organizes its services around the MaxLiving 5 Essentials framework: Core Chiropractic, Nutrition, Mindset, Oxygen and Exercise, and Minimize Toxins. Core Chiropractic refers to chiropractic care provided according to the patient's presentation and circumstances. The other elements provide a framework for discussing areas such as daily habits, physical activity, nutrition, and general wellness.

For pediatric patients, recommendations are discussed with parents or caregivers based on the child's individual circumstances. The clinic states that plans may take into account health history, current concerns, physical limitations, and family goals. Assessments or imaging may be used when considered appropriate. Findings are reviewed with the family so that parents can understand the information gathered during the evaluation and discuss available care options.

Dr. Sara Richa, Doctor of Chiropractic and owner of MaxLiving Chiropractic - Tech Ridge, leads the clinic's pediatric and family services. She earned a Bachelor's Degree in Health Sciences from James Madison University in 2016. Before becoming a chiropractor, Dr. Richa worked as an Applied Behavior Analysis therapist providing in-home early intervention services for children with autism and other disabilities.

Dr. Richa later graduated with honors from Life University with a Doctorate of Chiropractic. Her additional training includes spinal correction, nutrition, exercise, and detoxification within the MaxLiving approach. She holds certification through the Pediatric Experience in pediatric and family care and is a member of the International Pediatric Association. She also holds certification in the Webster Technique for prenatal care.

Dr. Richa's professional interests include working with families from the newborn stage through childhood. Her previous early-intervention experience informs her interest in working with children and families, while her chiropractic training informs the services provided at MaxLiving Chiropractic - Tech Ridge. The clinic does not present chiropractic care as a treatment or cure for autism, ADHD, oppositional defiant disorder, or other neurological or developmental conditions.

The clinic's pediatric services follow a structured process intended to give families clear information before care recommendations are made. During an initial visit, the provider reviews relevant history and discusses the family's concerns and goals. The clinic may then perform an assessment based on the child's age and presentation. Findings are reviewed with the parent or caregiver before a care plan is discussed.

Follow-up visits may include chiropractic care and continued education based on the plan established with the family. The clinic describes this process as a partnership between the provider and family. Recommendations are adjusted based on the child's circumstances rather than applying the same approach to every patient.

?Pediatric chiropractic care at the clinic is structured around age-appropriate methods, a detailed history, and communication with parents so families understand what we are recommending and why,? said Dr. Richa.

The clinic's philosophy, as described in its published materials, centers on supporting physical function and reducing factors that the practice believes may interfere with the body's normal movement and function. This philosophy guides the clinic's approach to care planning and does not represent a guarantee of a particular health outcome.

MaxLiving Chiropractic - Tech Ridge also emphasizes family education as part of its services. Parents can discuss questions about chiropractic care, physical activity, nutrition, and other wellness topics with the provider. When a concern falls outside the scope of chiropractic care, families can continue working with their child's pediatrician or other appropriate healthcare professional.

?Certification in pediatric and family care, combined with my previous work in early intervention, informs how I communicate with families and approach care for children at different stages of development,? said Dr. Richa.

MaxLiving Chiropractic - Tech Ridge operates as part of the MaxLiving network, which uses the 5 Essentials framework across its locations. The Tech Ridge practice provides chiropractic services for families and adults while also offering pediatric and prenatal care. Its published materials emphasize individualized planning, family education, and communication throughout the care process.

The clinic's pediatric chiropractic services are intended to complement, rather than replace, a child's existing healthcare. Families are encouraged to continue routine pediatric visits and to consult appropriate medical professionals for diagnosis, treatment, vaccinations, medications, specialist referrals, or other medical needs. Parents should also seek immediate medical attention when a child experiences an emergency, serious injury, or other symptoms that require medical evaluation.

The clinic's website provides additional information about its services and includes a disclaimer stating that its educational content is for general information and does not replace professional medical advice. The clinic does not represent its published information as a substitute for diagnosis or medical management by a qualified healthcare professional.

For families considering pediatric chiropractic care, the clinic recommends discussing the child's history and current circumstances during an initial consultation. This allows the provider and family to determine whether the services offered by the practice are appropriate and how they may fit alongside the child's existing healthcare.

MaxLiving Chiropractic - Tech Ridge continues to provide pediatric, prenatal, and family chiropractic services through its 5 Essentials framework. The practice's pediatric approach focuses on age-appropriate chiropractic care, individualized assessment, parent education, and communication with families. The clinic maintains that pediatric chiropractic services should be considered as a complementary component of family wellness and should not replace appropriate pediatric medical care.

###

For more information about MaxLiving Chiropractic - Tech Ridge, contact the company here:MaxLiving Chiropractic - Tech RidgeDr. Sara Richa - Doctor of Chiropractic+15127176597info@maxlivingtechridge.com12314 N Interstate Hwy 35 Suite 108, Austin, TX 78753

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.

Website: https://www.maxliving.com/clinic/maxliving-chiropractic-tech-ridge

Email: info@maxlivingtechridge.com

Phone: +15127176597