

Clinton J. Garda, D.C.

Dr. Clinton is originally from Edmonton, Alberta Canada. As the result of a traumatic birth, he suffered many childhood illnesses including a bout of unexplained paralysis at the age of four and chronic ear and throat infections. When Dr. Clinton was 12, his father, John, was bedridden with serious back and hip issues that resulted in him missing work as a steel worker. Threatened with losing his livelihood and being unable to support his family, John was told to visit a local Chiropractor. To hear Dr. Clinton tell the story, "After that one life changing adjustment, Dad said he could have kissed the guy right there! When he got off the table, Dad was standing up straight for the first time in 6 weeks and he was able to go back to work!"



That experience inspired both Clinton and his brother, Warren to pursue a career helping people through Chiropractic.

Dr. Clinton came to the U.S. at the age of 23 and entered Palmer College of Chiropractic (the "Harvard" of Chiropractic schools) in 1993. At the time, he had been dealing with a 10 year history of hand tremors and worried that it would hinder his ability to learn the art of adjusting the spine. After being under chiropractic care himself, his tremors disappeared and he successfully graduated the program in 1998.

After college, Dr. Clinton struggled to open his own practice in the Davenport IA area. He closed his first office in 2001 and reopened in 2004 when he realized that he missed the profession. In 2006, he met his wife Jenny and moved to Chicagoland to be closer to her. He joined a large group of chiropractic clinics and helped them grow from 5 offices to 80 offices in the span of 5 years. As a result of this experience Dr. Clinton has also lectured to other Chiropractors around the country on the subject of effective patient care.

In 2009, his son, Milo was born. Wanting to provide a larger extended family and a great childhood for their son, Clinton and Jenny decided to move to Cincinnati to be closer to Jenny's sister and her family. They moved in June of 2012 and opened **Backbone: The Science of Chiropractic** in August 2012. In June of 2014, Dr. Clinton and Jenny completed their family with the birth of their second son, Knox.

"This journey has been incredible. I am blessed to have a loving family and the passion for Chiropractic that allows me to positively impact the lives of my patients."

Committed to always "staying on top" of the latest research Dr. Clinton created **Backbone** to provide the best care with the most advanced therapies. He often says, "My primary objective is to get sick people well as quickly as possible and as cost effectively as possible."

One of only 400 Chiropractors certified in the Clinical Biomechanics of Posture or CBP, Dr. Clinton has continued to educate himself and others. Through his community outreach and public speaking programs, he has touched thousands of patients and other chiropractors with his passion and sincerity.

"Chiropractic care isn't about the Chiropractor. It's about restoring the integrity of the nervous system, providing the opportunity for each body to do what it was designed to do and allowing the body's inborn ability to thrive. That's where the magic is."