

Woodlands Medical Group, Prosper Texas

Featured Sonic Vibration Location

Vanessa Evans got lured to Texas by the promise of staying home with their two-year-old son when her husband Jeremy Evans attended Parker College of Chiropractic in Dallas. Dr. Evans knew from the get-go that he would own his own practice after having worked in a chiropractic clinic during high school.

The Evans started out doing straight chiropractic. However, they found that when they'd refer patients out for simple medical interventions, that MD would send them to physical therapy and they wouldn't see their patient again. That's when Woodlands Medical Group was formed to have complete integrative care under one roof with a holistic approach. Starting out in just 1400 sq ft, the practice now in Prosper, utilizes in 4000 sq ft. A new location in Denton has just opened. Their clinic is designed to be an affordable alternative to Big-Box Emergency Rooms and long waits in doctors' offices. They offer family medicine, chiropractic and physical medicine with a patient-centered approach.

Vanessa isn't home much these days. Their boys are now 17, 14 and nearly 7. She didn't expect to fall in love with health and wellness, "but my banking background and how I'm wired, it's a great fit." Her background as a banker has given her the transferable experience to successfully deal with the ever-changing demands of the insurance billing labyrinth.

Sonic Whole Body Vibration is a significant part of the treatment programs at Woodlands. They have five Sonic machines at their Prosper location and three in Denton with plans to order more. Vanessa says for Motor Vehicle Accident victims, sonic exercise is tremendously effective at getting rid of inflammation. "We start people gently and as they heal we increase the intensity."

She relates "One story that stands out to me is a woman after an MVA. She came in three times a week for eight weeks of treatment, which included the Sonic WBV. At the end of the treatment, her medical doctor asked her what she had done to take off the 20 pounds she was missing. The woman said 'nothing' that everything was the same, she hadn't changed how she ate or anything. People are obviously less active after a car accident. She had to give the credit to the Sonic WBV." Why use Sonic WBV? "It's a great exercise tool that really sets us apart from other facilities. But really, when you dive into the science behind it, anything we can do at a cellular level gives people healthier lifestyles. Sonic WBV literally assists the entire body."

