



321 Madison Street
P.O. Box 336
Sheridan, MT 59749
Phone: (406) 842-5453
Fax: (406) 842-5455
www.RVMC.org

Media Contact:
Debra McNeill
406-596-0002
debramcneillcfa@gmail.com

Dr. Kathy Meyer Joins the Ruby Valley Medical Clinic

FOR IMMEDIATE RELEASE

Sheridan, Montana (April 12, 2019) – The Ruby Valley Medical Center is pleased to announce that Kathy Meyer, Doctor of Chiropractic, has joined the healthcare providers at the Ruby Valley Medical Clinics. Dr. Meyer is seeing patients on Tuesdays and Thursdays in the Twin Bridges Clinic located at 104 S. Madison Street.

Dr. Meyer sees chiropractic care as a mechanical solution to a mechanical problem. “I work with all the joints in the body, not just the spine – shoulders, elbows, hands, wrists, hips, knees, ankles, feet. If there’s a joint in the body, I move it. It’s about understanding the human body from a biomechanical approach. That’s how I look at it, taking a big picture perspective,” said Dr. Meyer. Her treatments through chiropractic adjustments of the joints can be done in conjunction with the Erchonia laser, a 21st century therapy. Cold laser, also known as low level light therapy uses a series of specific frequencies to promote a healing response in the body. “It is exceeding effective as a way to jump-start the body’s healing process.” said Dr. Meyer. “I use it in a wide variety of situations – tendonitis, bursitis, acute conditions. It is a drug free way to address a lot of conditions including reducing pain and inflammation. We’ve even used it to effectively alleviate the pain from a bad sunburn!” She finds that having drug-free procedures, such as chiropractic care and the Erchonia laser to be especially important given the current opioid epidemic. Dr. Meyer advises, “It’s a 21st century therapy, not some science-fiction hot laser devise that cuts through walls.”

Although she knew she wanted to be a doctor since the seventh grade, Dr. Meyer chose become a chiropractor following a work-related injury to her back. She reluctantly went to see a chiropractor but was inspired by the information provided about her

Exceptional People, Exceptional Care

injury and the effectiveness of the care she received. “I was so impressed with the chiropractor; I wanted to do what she did. I found my calling in using my hands to work with the joints of the body to improve overall function and help people feel better! After 25 years, I still really enjoy it!” said Meyer.

Dr. Meyer decided to take her healing skills west after graduating from Northwest Health Science University in Minnesota. “The Rocky Mountains have always interested me, even as a kid. After I graduated, I had friends in practice in out here. They absolutely loved Montana and highly recommended it. My first trip to Montana was to take my state board exams and look at potential practices for sale. I saw the beauty of southwest Montana and knew I found my home. I bought the practice in Whitehall and I love it here. After 24 years, I couldn’t imagine living anywhere else.” She is pleased to be able to raise her two school age daughters in a small town environment similar to the small town in the backwoods of New Hampshire where she grew up.

Dr. Meyer believes it is important to develop an individualized treatment plan for each patient. “No two people are alike and their treatments shouldn’t be either,” said Meyer. “A high school athlete is going to have different needs than a 35 year old construction worker. As for those with arthritis, we want to help them keep the mobility they have in their spine so they will require a different approach than someone who does office work.”

While chiropractors are typically sought for musculoskeletal injuries, spinal pain and joint discomfort, Dr. Meyer also treats expectant mothers as they prepare for delivery. “Chiropractic care has been shown to decrease labor time and breach babies will often turn on their own after the mother’s hips and back are adjusted. There is a very careful and specific protocol for pregnant women and I really enjoy being part of the pregnancy support team.” After delivery, Dr. Meyer’s skills can help mothers with colicky babies and other early childhood concerns. There are completely different techniques designed for treating infants and small children.

Dr. Meyer is certified through the National Board of Chiropractic Examiners and has completed additional studies in Advanced Extremity Adjusting. She is also a Nationally Certified Impairment Evaluator.

If you would like to arrange an appointment with Dr. Meyer in Twin Bridges, please call the Twin Bridges Medical Clinic at (406) 684-5546.

###

About the Ruby Valley Medical Center

The Ruby Valley Medical Center is a critical access hospital and Montana designated trauma receiving facility serving Sheridan, Twin Bridges, Alder, Laurin, Silver Star, Virginia City, Nevada City and Waterloo. The Medical Center offers five in-patient beds, two observation beds, diagnostic imaging, laboratory, physical therapy, speech language pathology, swing bed, 24 hour emergency care and a highly qualified nursing staff. Our healthcare providers support patients through the Ruby Valley Medical Center and the clinics in Sheridan and Twin Bridges. Our clinics offer a wide range of healthcare services including pediatrics, well-woman exams, sports physicals, geriatrics, osteopathic and chiropractic care, mental health, and tele-medicine to off-site specialists. Our visiting specialists provide podiatric, gynecological and hearing services. The Ruby Valley Medical Center also provides mobile emergency medical services through Ruby Valley Emergency Medical Services. The Ruby Valley Medical Center receives financial support from the Ruby Valley Healthcare Foundation and the Ruby Valley Medical Center Auxiliary.

Attached photos: RVMC_KathyMeyer1.jpg

