

---

## FOR IMMEDIATE RELEASE

---

### **Tri-County Health Care expands chiropractic services; welcomes second chiropractor**

**WADENA, Minn. – Aug. 6, 2021** – Tri-County Health Care is expanding its chiropractic care services. It welcomes Brock Spandl, DC, the second chiropractor to join the Tri-County team. He officially begins on Aug. 16.

Dr. Spandl previously operated a practice in Staples before joining Tri-County Health Care. He brings a diverse range of chiropractic knowledge and techniques to the team and is especially gifted in sports medicine. As a former Division-I track and field athlete and All-American at the University of Minnesota, he understands the rigors the human body endures during high-intensity play.

A few months ago, Tri-County Health Care added chiropractic care services. In a short time, Carissa Mitchell, DC, has provided adjustments to patients suffering from chronic pain and medical problems associated with back health. Dr. Spandl was added to the team to expand services even further.

After growing up in Moorhead, Dr. Spandl now resides in Staples with his wife, Missy. They have two children, Blair and Paxton. In his off time, he enjoys golfing, fishing and maintaining a healthy body.

Dr. Spandl is now accepting patients and will be working at the Wadena Clinic. Please call 218-631-3510 to schedule an appointment. To learn more, visit [TCHC.org/chiropractic](http://TCHC.org/chiropractic) and follow Tri-County Health Care on social media for regular updates.

#### **ABOUT TRI-COUNTY HEALTH CARE**

Tri-County Health Care is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Tri-County Health Care operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit [TCHC.org](http://TCHC.org).

###

