

Volk Opens Own Chiropractic Office

Zeeland native serving patients in Herreid, Strasburg
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By LeAnda Staebner Managing Editor



Dr. Clarissa Volk recently opened her own chiropractic practice called Spectra, serving patients in Strasburg, North Dakota, and Herreid, South Dakota. Courtesy photo provided by Clarissa Volk

Clarissa Volk had considered opening her own chiropractic practice for quite some time. Recently, she got her Christmas wish.

"I have been considering it for years, as I have continued to grow as a provider, my vision for health care did as well," Volk said.

The Zeeland Public School graduate started her undergraduate studies at North Dakota State University in Fargo and completed her Bachelor of Science degree and doctorate of chiropractic at Northwestern Health Sciences University in Bloomington, Minnesota, in November 2013.

Following an internship in Shakopee, Minnesota, she and her husband, Joshua, decided to take over the family farm in Emmons County and move back to North Dakota, where they are raising their family. The Volks live outside of Strasburg with their three children Carson, 13, Cambree, 11, and Liam, 4.

Until recently, Volk had been working with another chiropractic firm, but decided to open her own practice serving patients in Herreid and Strasburg. Thus, Spectra was born.

“I wanted to open a practice that also integrated different forms of wellness care as well as the opportunity to grow into an integrative practice,” Volk said. “The name Spectra was born in reflection of this vision. Treating patients over a broad spectrum, including different ages as well as health issues.”

In addition to chiropractic care, Volk offers acupuncture and is certified in nutrition and pediatrics.

“We have added functional medicine services, which uses a personalized approach to patient care, including specific lab testing and targeted treatment,” she said. “We are looking into future health care services expansion.”

Volk said she enjoys chiropractic medicine because there are always a variety of cases for her to treat.

“The benefit of being in a rural area is the many different types of patients I get to treat,” she said. “I love seeing the high school athlete and aiding in improving his or her performance, whether an ankle or concussion. The same day an infant may present with torticollis and a rancher with a cattle injury. Every day is exciting and different.”

Health care is something Volk said she has always been interested in due to some of her own medical conditions.

“After suffering from chronic migraines as a child into adulthood, and relief from chiropractic care, the profession fascinated me,” she said. “After over 10 years in practice I continue to be amazed in how the smallest musculoskeletal changes can change the whole body.”

In addition to Volk, Spectra staff includes Melanie Pool, who helps run the Herreid office, and Penny Smith and Susan Horner who run the Strasburg office.

“Practicing in Herreid as well as Strasburg allows me to be able to treat a wide variety of people from different communities,” Volk said. “Over the last decade, I have enjoyed being a part of both communities and watching how they have evolved. I have loved watching the families I treat grow and change over the years.”

Office hours for the Strasburg clinic are noon to 5 p.m. Mondays; and 7:30 a.m. to 5 p.m. Tuesdays and Thursdays.

Herreid office hours are 7:30 a.m. to 4 p.m. Wednesdays; and 8 a.m. to 2 p.m. Fridays.