



ANDREW JOHNSTON

DC, SFMA, IASTM

BACKGROUND

Dr. Andrew Johnston was born and raised in the South, spending most of his childhood in the small town of Saint Cloud, Florida where the accents are thick, and the humidity is thicker. It was there Dr. Johnston found his passion for sports at a young age, when he was first introduced to baseball. His love for baseball continued through high school, where he also found a talent for soccer and golf. He was recruited to play college ball but decided instead to expand his knowledge of the world by serving a two-year mission in Santiago, Chile where he became fluent in the Spanish language. After returning from his mission, Dr. Johnston graduated from Brigham Young University in Provo, Utah with a degree in Exercise Science. He also met and fell in love with his now wife at BYU, who he wooed with his vast world knowledge (guess that mission in Chile was the right choice after all!). He then went on to receive his Doctorate of Chiropractic from Palmer College of Chiropractic in San Jose, CA. After graduation, Dr. Johnston and his wife moved to Colorado and began to expand their family. Dr. Johnston now resides in Erie, CO with his wife, two-year-old son, and their goldendoodle puppy, Bowie.

EDUCATION

Dr. Johnston attended Brigham Young University in Provo, Utah where he graduated with his degree in Exercise Science. Throughout his undergrad education, Dr. Johnston worked at a local chiropractic clinic where he learned the true importance of chiropractic care and the role of conservative therapy in the healing of musculoskeletal injuries. After undergrad, Dr. Johnston attended Palmer College of Chiropractic in San Jose, California (Palmer West). At Palmer West, he was an active member of the ACA Sports Council where he worked at multiple sporting events helping athletes prep for and recover from their competitions. He also worked as a nutrition and anatomy tutor during his time at Palmer West. After graduating from Palmer West, Dr. Johnston has continued his education, focusing particularly on the healing and prevention of musculoskeletal injuries. He has also gone on to become certified in dry needling (levels I and II), as well as in IASTM techniques and RockTape.

WHY CHIROPRACTIC?

Dr. Johnston's introduction to chiropractic care came after a serious baseball injury in high school. Fearful that this injury would remove him from the game indefinitely, he turned to chiropractic care. After being adjusted and having Graston technique performed on his elbow, he was shocked but thrilled to be back on the field within the week. This event largely influenced Dr. Johnston's purpose as a chiropractor. He is extremely motivated to help people achieve their dreams, whether those dreams are carrying their grandchildren, hiking the trail of their dreams, or succeeding in the professional sport arena. To do this, Dr. Johnston focuses on finding and treating the root cause of a patient's problems, rather than just treating symptoms. Dr. Johnston is determined to help his patients become their best self and enjoy the life they were meant to live. Due to the personalized care he received as a teenager, he himself values his time with his patients and bases his treatment and care around their individualized goals.

CERTIFICATIONS:

RockTape

SFMA (Selective Functional Movement Assessment)

SmartTools IASTM (Instrument Assisted Soft Tissue Mobilization)

Functional Dry Needling Level 1

Functional Dry Needling Level 2

Worker's Compensation

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

During his undergraduate studies Dr. Johnston found a passion for Crossfit. If you don't see him in the gym going for his next PR, you can find him cycling, shooting, chasing his first hole in one on the golf course, fishing or exploring the outdoors with his beautiful wife, son and goldendoodle.