

About Dr. Josh

I have been practicing “alternative medicine” in the Black Hills Area for over ten years. When I was young I had always wanted to become an M.D. When I began college, I shadowed many M.D.s. and it occurred to me, that regardless of the condition of the patient, everyone received the same level of treatment. Everyone left the office with a prescription drug. Despite this, I had always been interested in health and nutrition. I didn't like the idea of having to always give out drugs to help people, as I myself did not take any drugs. This is when I began to look at other professions in which I could help people become healthy and stay well. That's when I discovered chiropractic... It was chiropractic that truly hit home with me by advocating the principles of whole health and wellness, and healthcare without the use of drugs.



Dr. Josh Biberdorf

is available for Immediate Appointments.

*Most insurances accepted and filed for you.

Office Hours

Monday, Wednesday and Friday

10:00am-noon & 2:30pm-6:00pm

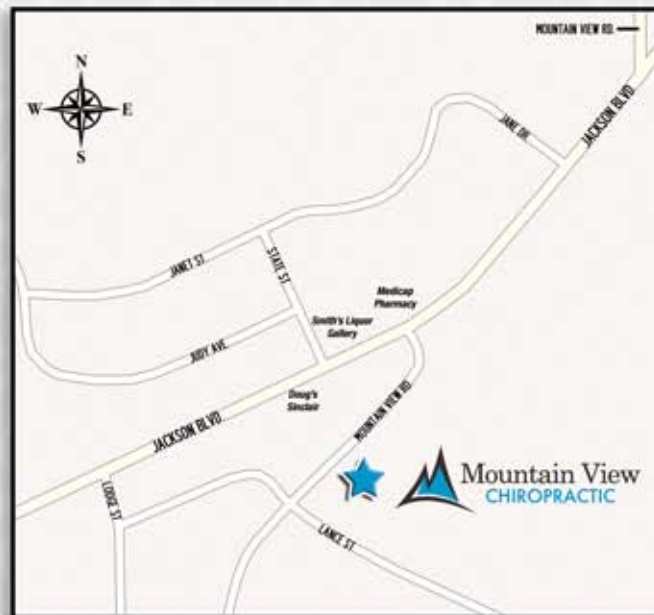
Tuesday and Thursday

2:30pm-6:00pm



Wall Office Hours:

Tuesdays from 10:00am-2:00pm



1600 Mountain View Rd Ste #102

Rapid City, South Dakota 57702

605-791-4030

www.MTVIEWCHIRO.com



About Us

The professionals at Mountain View Chiropractic are dedicated to chiropractic solutions to target your unique needs, whether you are suffering from back pain, neck pain, headaches, or even just plain old muscular tightness and tension. You may need pain relief after suffering an accident, experiencing an injury, or if you have a specific condition such as chronic back pain or a spinal condition; even if you just want to improve your overall health, our office can help you achieve your wellness goals!

If you are new to seeing a chiropractor and want to find out more, please call 605-791-4030 to receive personalized answers to your questions from our friendly team.



Services and Techniques

We take great pride in providing the finest care to each patient. We have included information below about the different services offered in our Rapid City chiropractic office:

Chiropractic Care

We provide advanced spinal correction and chiropractic adjustments utilizing "state of the art" chiropractic techniques. Never in the history of chiropractic care have chiropractors been able to provide the level of help and expertise that is available today. Many of the newest chiropractic techniques are actually safer, more comfortable and more effective than ever before. Chiropractic care under a trained professional can even be used to prevent injuries and help you achieve total health or wellness.

Corrective Exercises

We teach our patients how to perform special "blueprint" exercises which can help strengthen and correct the irregularities in their body which may be causing pain. Many of these corrective exercises can actually be performed in the comfort of your own home to help improve the effectiveness of your chiropractic care and spinal correction plan.

Lifestyle Advice

While our chiropractor will address each patient's specific condition with chiropractic care, we often find it helpful to "coach" our patients towards achieving a healthier lifestyle. The goal of including lifestyle advice with a chiropractic care plan is to help each and every patient achieve the fulfilling and happy lifestyle they deserve.

Nutritional Counseling

Nutritional counseling by our experienced

chiropractic health professionals can assist a patient on their return to optimal health. At our Rapid City chiropractic clinic, we can provide each patient with a structured nutritional program that is based on their individual needs.

Massage Therapy

Massage therapy offers a natural treatment approach which actually relieves musculoskeletal pain for many patients. Our office provides specific massage and muscular therapy that is complimentary to their chiropractic care. Each massage therapy plan is tailored to meet the patient's unique pain condition or injury. The benefits of massage therapy may include the increase of blood circulation, a localized reduction in swelling and the relaxation of muscles.

Spinal & Postural Screenings

Posture and spinal screenings by a trained and experienced chiropractor such as Dr. Josh Biberdorf can help reveal important health information, unlocking the door to improved health and well-being. In order to help the Rapid City community, we provide screenings at area malls, community events, health fairs and places of employment.

