

# Top Chiropractor in Minneapolis Shocks Patients with New Announcement

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Dr. Michael Oste of Take Care Chiropractic & Wellness, Minneapolis

**Take Care Chiropractic & Wellness of Minneapolis has no need for a waiting room because they simply won't keep anybody waiting.**

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Minneapolis, MN -- In this fast-paced world,

time is a precious commodity. It is, therefore, unfortunate that many medical practitioners do not respect it as much as their patients would like. In fact, it is not at all uncommon to find patients languishing for hours in waiting rooms, waiting to be seen and treated. As a result, many are choosing to self-diagnose and self-medicate, or worse, ignore their symptoms altogether, instead of wasting precious time waiting. This is something that Dr. Michael Oste simply would not stand for as he firmly believes that everyone deserves to be healthy. In turn, it has become the very tenet of Take Care Chiropractic & Wellness, [the chiropractic clinic that he owns and operates in downtown Minneapolis](#).

Take Care Chiropractic & Wellness prides itself on what Dr. Oste and his team call the 'Take Care Experience.' With the Take Care Experience, the staff is able to treat patients on time, all the time. All the patient needs to do is make an appointment and show up on time, and Dr. Oste's team will be ready to start treatment literally right down to the minute. This process has been so successful that Take Care Chiropractic & Wellness does not even have a waiting room. Instead, the center boasts of an ambiance that's completely conducive to healing and a staff that's dedicated to improving their patients' quality of life.

A native of Canada, Dr. Oste has taken the full breadth of his almost 15 years' experience as a chiropractor and over a million adjustments to provide a holistic, drug-free approach to the people of Minneapolis and its surrounds. What sets him apart from his peers is that he not only focuses on the spine, but also other joints like the knee, hip, shoulder, and more. This 'whole person' approach ensures that patients of all ages receive the best possible [care for pain](#).

A typical treatment at Take Care Chiropractic & Wellness starts with a comprehensive assessment which may include x-ray. This gives Dr. Oste a full understanding of the patient's discomfort which, in turn, enables him to make the most appropriate manipulations as needed by the patient. Dr. Oste and his staff also monitor the patient's improvements, so it is not at all uncommon for manipulations to be adjusted as treatment progresses.

As a wellness center, Take Care Chiropractic & Wellness also provides nutritional and lifestyle counseling, as well as health classes that teach [corrective exercise](#). Not only that, the chiropractic care that Dr. Oste and his team provides also serves to prevent injury in athletes and the physically active.

Indeed, Dr. Oste and his staff's commitment to alleviating pain is truly commendable. You can trust Take Care Chiropractic & Wellness center to relieve physical distress and the Take Care Experience to ease the discomfort of waiting.

For more information on Dr. Oste and Take Care Chiropractic & Wellness, please visit <https://www.takecarechiropractic.com/> today.

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