

# Courtney Knight, D.C.

Conservative Care Physician



## Certifications

- National Board of Chiropractic Examiners Physiotherapy Certification
- Fascial Movement Taping Performance Kinesiology Certification

## Professional committees/ organizations

- Florida Chiropractic Association

## Education

- Doctorate of chiropractic, National University of Health Sciences
- Bachelor of Arts in sociology, University of Michigan

## Experience

Dr. Courtney Knight is passionate about providing holistic care — treating the whole person — and this shines through as soon as you meet her. She was drawn to the chiropractic field because of how it can integrate natural approaches, including nutrition and exercise, into the healing process. Whether she is recommending an anti-inflammatory diet or performing an adjustment, Dr. Knight uses her ability to build a rapport and her natural enthusiasm to set her patients on a path to better health.

With Laser Spine Institute, Dr. Knight saw an organization that reflected her deeply held values. Before joining us as a physician, she interned at Laser Spine Institute's Tampa facility. There, she fell in love with our special blend of care and realized she wanted to be a member of a team that was so dedicated to changing lives.

In her role as a Conservative Care Physician, Dr. Knight helps Laser Spine Institute Scottsdale patients in all stages of their journey, from initial consultations to postsurgical recovery. With her background in evidence-based chiropractic medicine, she can confidently assess patient needs and make treatment recommendations on a personalized level.

Dr. Knight's background in chiropractic clinics, including Back to Health of Anthem, has given her a breadth of experience in the conservative care field. This includes providing hands-on therapy when needed, but also making wellness recommendations to improve a patient's overall state of health. She believes this commitment to holistic care makes patients even more confident about considering spine surgery if she ever recommends it as a potential course of action.

Dr. Knight also practices the healthy lifestyle she so strongly advocates. When she's not working out or perfecting healthy recipes, she enjoys exploring local coffee shops and the gorgeous scenery Arizona has to offer. She also loves traveling to see her family in Michigan, and maybe most importantly, resting and recharging to be at her best for her patients.