Opens local chiropractic business.

Tiffany (Haynes) Hicken has returned to Gothenburg and set up shop.

Hicken, a 1989 local high school graduate, has opened Hicken Chiropractic at 712 Eighth St.

“We always knew eventually we’d come back because Chris wanted to work at the lumber yard,” Hicken said. “We wanted to raise our kids in a small town.”

She’s married to Chris Hicken who works at Hicken Lumber & Home Center Inc.

The couple, who has Britney, 13; and Cade, 9; returned to Gothenburg in April.

However Hicken commutes to Grand Island three times a week to continue her practice with another chiropractor there.

Because she’s opened a different business, Hicken has to re-enroll to become a Medicare and

Medicaid provider and receive a new tax identification number.

“I’m hoping to be done with that by winter,” she said.

Until then, her hours are Tuesdays and Thursdays from 8 a.m.-noon and 2 p.m. to 5:30 p.m. and Saturday by appointment.

Hicken has been a chiropractor for 13 years in Grand Island. Prior to that, she worked with another chiropractor in Columbus for two years.

She graduated from Palmer College of Chiropractic in Davenport, IA, in 1995 after attending Kearney State College for 2 1/2 years.

Hicken said there are many reasons people should see a chiropractor.

“If it’s joint pain, we can manipulate it to get the results we’re looking for,” she explained, noting that there’s a laundry list of conditions successfully treated by chiropractors.

Children also benefit from chiropractic services, she said.

“They need the care as much or more than adults. Their heal time is so much faster,” Hicken said.

The bulk of young patients she sees, she said, are injured on trampolines.

Improper weight lifting can cause pain in young adults.

“Kids and young adults shouldn’t have headaches or back pain,” Hicken explained. “Usually there’s a reason and it can be resolved.”

When she’s not working, Hicken enjoys scrap booking and outdoor activities.

To make an appointment, Hicken can be reached at 537-5500.