



Jenna Godfrey
Chiropractor

Dr Jenna is a dedicated chiropractor, focused on the well-being of families. With a special interest in early childhood development, young athletes and maternal wellbeing, Dr Jenna's approach emphasises individual and family care from a holistic perspective. Committed to helping children reach their full potential, Dr Jenna enjoys advanced learning, offering a range of paediatric and chiropractic modalities that compliment chiropractic care for the whole family.

Jenna loves to learn and has undertaken further studies in several areas such as functional neuromuscular assessment, neurokinetic therapy, dynamic neuromuscular stabilisation, rocktape, blade and flossing, and pregnancy and paediatric techniques. Jenna uses a range of techniques from manual adjusting, low force, drop piece, sacro occipital technique, activator and soft tissue therapy.

Dr Jenna enjoys helping young athletes reach their highest potential, assisting infants/toddlers to reach early childhood development milestones, and supporting adults to achieve greater function to achieve their health goals. Dr Jenna finds helping parents/people understand the impact of stress on the body significant, supporting them to find ways to create a more regulated way to move through, and love, life.

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