

Dr. Valarie Dills Brings Holistic Chiropractic Care to Newark

Dr. Valarie Dills is an Ohio native who grew up 60 miles west of Cleveland in Sandusky, OH – a vibrant tourist town located on Lake Erie’s southern shore. She graduated from The University of Toledo (UT) in 2010 with a bachelor's degree in Exercise Sciences and a pre-medicine concentration.

In her senior year of undergraduate, Dr. Dills served as a student clinician with UT’s Children’s Kinesiology Clinic where she worked with special needs children. It was during this time that she developed her interest in physical medicine and family practice.

After Toledo, she continued her education at Palmer College of Chiropractic in Port Orange, Florida, where she earned her Doctor of Chiropractic in 2016.

Dr. Dills emphasizes her clinical perspective: “I want to be part of holistic care where I can address the root of problems, not just symptoms. I see great value in movement-based care.”

As a student doctor, she worked in the student’s personal injury clinic during the week. Outside of normal hours, she stayed active with outreach clinics. This included halfway houses and the Salvation Army.

This critical experiential work gave her an opportunity to interact directly with homeless veterans and at-risk populations.

After completing her doctorate, Dr. Dills moved to Kentucky for her final set of clinical rounds. She worked in an office specializing in gentle adjusting techniques and pediatrics.

She practiced in the central Kentucky bluegrass region for five years, during which she owned and operated her own clinical practice. She also taught advanced anatomy to nursing students at Bluegrass Community and Technical College and Midway University. However, it wasn’t long before Dr. Dills felt the call to return home.

She said, “I missed my home state of Ohio, so my fiancée and I (and a slew of pet animals) moved back in 2021. Ever since, I have been practicing in the Appalachian region of Southeastern Ohio and doing locum travel work throughout the state for the past four years as an independent contractor.”

Through her travels, Dr. Dills came to know and love First Choice Chiropractic. She worked at both the Columbus and Newark offices. “It was always my favorite office to contract with. The staff were amazing - we built great relationships together. Their dedication to patient-first care resonated with my own outlook and principles. Dr. James Fonner reached out to me personally and asked that I fill their full-time Newark position. I am beyond thrilled with this opportunity.”

Dr. Dills emphasizes the importance of family-based care. She is a member of the International Chiropractic Pediatrics Association (ICPA) and holds a certification in the Webster’s Technique, an adjusting method clinically proven to ease pregnancy discomfort, improve fetal development, and decrease labor and delivery time. Her patient base spans all ages, from infants to seniors.

She has a special certification in dry needling – a technique that uses ultra-fine needles to decrease pain and improve mobility with soft tissue and muscle injuries.

Apart from her professional career, Dr. Dills enjoys a rich family life at home, “In my free time I enjoy cooking and spending time outdoors with my husband, playing with our enthusiastic toddler son, two cats, chickens, and two large breed dogs. I am so excited to be a new resident the Newark and to get to know our community!”