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Meet The Team



Dr. Whitehead, with 8+ years of experience, specializes in perinatal care, scoliosis corrections, and more, holding a Doctorate of Chiropractic from Parker University.



Dr. Smith is a west Texas native who grew up in El Paso. He attended Eastern New Mexico University where he played football and received his bachelor's degree in biology. He then graduated from Parker University in 2023 with his Doctorate of Chiropractic.



Jennifer, our Business Manager and wellness expert, brings over 12 years of experience in healthcare, specializing in stress management and functional movements. With certifications in CPT, Yoga, and Wellness Coaching, she's dedicated to promoting well-being through mindful practices and breath awareness.



Discover a New Path to Wellness

Exodus Spine & Wellness Center

About us

Exodus Spine and Wellness Center is an integrative health and wellness center that sets itself apart with an outside-the-box approach to healing the mind, body, and spirit. We offer a laid-back and calming environment, where patients can feel at ease. Our modern approach to ancient treatments, along with our fearless dedication to innovation, ensures our clients receive unique and practical solutions to their health needs. We prioritize patient well-being, providing respectful communication, a variety of amenities, and a comprehensive range of services, ultimately guiding individuals toward a life of independence and serenity.



“Dr. Whitehead has been a God send for me! I go to Exodus once a month now for maintenance. So grateful for this place”

Our Services



Chiropractic Care

A holistic healthcare approach focused on diagnosing, treating, and preventing musculoskeletal issues through manual adjustments, manipulation, and therapeutic techniques, aiming to enhance overall well-being and alleviating pain.

Adjustments Chiropractic
AMIT (Advanced Muscle Integration Technique)
Webster/Prenatal Chiropractic
Infant Chiropractic Care



Therapeutic Techniques

Therapeutic techniques encompass a diverse range of targeted interventions and practices aimed at promoting healing, reducing discomfort, and enhancing physical or mental well-being.

Dry Needling
Cupping
Decompression
Laser
PEMF(Pulsed Electromagnetic Field Therapy)
Vibrational Therapy
Assisted Stretching
Shockwave Therapy



Bio Energetics

A holistic approach to health that focuses on the body's energy systems, using techniques like frequency therapy, light therapy, and biofeedback to restore balance, improve well-being, and enhance cellular function.



Movement and Exercise

Movement and exercise involve engaging in purposeful physical activities and structured routines, contributing to improved fitness, flexibility, and overall health.

Functional Training
Movement Therapy
Yoga Therapy
Corrective Exercise



Wellness and Coaching

Wellness and coaching encompass personalized guidance, support, and strategies that empower individuals to achieve optimal mental, emotional, and physical health, fostering a balanced and fulfilling lifestyle.

Stress Management
Health And Wellness Coaching
Infrared Sauna
Cold plunge
Quantum Healing



Fat Burning Laser

A non-invasive body contouring treatment that uses low-level laser therapy (LLLT) to target and break down fat cells, promoting fat loss and skin tightening without surgery.

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