



Hello! My name is Dr. Shelby Hummel D.C., MS. I am a local chiropractor who practices in Ellisville, MO. Growing up in this wonderful community has given me the incredible privilege now of giving back as a healthcare provider. When I was a freshman in high school, I ran cross country for Marquette High School, where I met then “Coach” Lauren. Despite a successful season, I ended up with an injury and was unsure what would help. My Coach Lauren, also known as, Dr. Lauren advised me to come and see her and well, the rest is history!

I joined the West County Spine and Joint team back in 2017 originally as a chiropractic assistant. It was not too long after I began working in the chiropractic office I am now a Doctor within, that I began my journey at Logan University. I

graduated from Logan University in 2021 with both my Doctorate of Chiropractic and Masters of Sport Science and Rehabilitation. Since then, I have helped grow West County Spine and Joint while working right alongside my mentors Dr. Matt and Dr. Lauren and our amazing team.

As I have continued to hone my skills as a chiropractor, I have also begun to find my own passions with my profession. I am Webster Certified which has allowed me to continue serving our community as they begin to grow their families with pediatric and pregnancy chiropractic. I also have a passion for athletes and all things movement! I utilize a multitude of different soft tissue therapies including kinesiotaping, graston, and cupping. Using a multimodal approach to care has shown to help athletes feel better, stay injury-free and perform at their highest level.

I also continue to embrace new athletic pursuits and have traded in my track and cross country spikes for bikes, goggles, and 3x's the fun as a triathlete. Inspired by both my mentors, I participated in my first triathlon in 2016 and has since completed 14 half Ironmans and 5 full Ironmans with the most recent race being the Ironman World Championship in Kona, HI.