

Ryan Christensen, DO – Chief Wellness Officer, Still Waters Osteopathy

Ryan Christensen, DO, is the founder and Chief Wellness Officer of Still Waters Osteopathy in Lake Orion, Michigan. Board-certified in family medicine and OMT, Ryan blends Western medicine with holistic, hands-on healing techniques, specializing in pediatric osteopathy, performing arts medicine, and trauma-informed care. As Michigan's first certified practitioner of the Perrin Technique, he focuses on treating long COVID, fibromyalgia, and ME/CFS.

Ryan began his career in private practice with Dr. Shane Patterson, DO at Osteopathic Health Care Associates before becoming the family medicine residency director at Authority Health, a Teaching Health Center GME program in Detroit. He later opened Still Waters Osteopathy to bring a root-cause, patient-centered approach to wellness. Raised on a ranch in Montana, Ryan completed dual residency in family and emergency medicine at McLaren Oakland. He is honored to co-present with Dr. Mary Goldman, who he first met during residency and has enjoyed a longstanding relationship at the Michigan Osteopathic Association.

Outside of practice, Ryan enjoys writing music, exploring the outdoors, and spending time with his corgis and cat. He proudly sports rainbow nails in tribute to his hero, Dolly Parton. Follow him at @drryan, @stillwatersosteopathy, and join the conversation with #HealAtStillWaters.

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