



## **Chiropractor Care In Midtown NYC Announced**

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Back and Body NYC has announced that they are offering chiropractic and physical therapy services in midtown New York City. In addition, they point out that they are a one-stop shop for all things related to neck and back pain. They also offer sports related medicine and acupuncture, in addition to chiropractic care and physical therapy.

David Perna, one of the doctors at Back and Body Medical NYC, says, "We specialize in relieving your neck pain, lower back pain, shoulder, hip, and leg pain. Whether your pain is chronic or the result of an injury, diagnosing the source correctly is essential. We employ some of the most advanced diagnostic techniques from NCV/EMG to correctly diagnose pinched nerves to diagnostic ultrasound to look for muscle injuries. We want to make sure you don't waste time on therapies that won't work."

Being a one-stop shop for treatments for all kinds of neck and back pain, they offer a wide range of services. These include chiropractic, physical therapy, active release techniques, cold laser therapy, custom rehab programs, custom stretching programs, electric stimulation, Graston technique, manipulation under anesthesia, medical massage, nerve conduction velocity testing, posture correction, trigger point injections, spinal decompression therapy, ultrasound therapy, and laser therapy.

That they can be trusted to provide high quality care is demonstrated by the positive reviews they have received from their patients. So far, they have already received 130 reviews as of this writing and have an overall rating of 4.9 out of 5 stars.

For instance, Shirley M. gave them five stars and said, "My husband started being treated here about a month ago, after daily shoulder pain since last August. Literally after 1 treatment he was able to lift his arm further than in the last 9 months! After every visit, and following his PT exercises, he gets better and better. I've accompanied him on his appointments and the staff is polite and friendly; his waiting time is less than 5 minutes. They always text him friendly reminders for his appointments and are able to accommodate rescheduling visits. I'm grateful he found this place. I wish I didn't have such crappy insurance so I could be treated here too. Thank you for all the great work and care you show your patients, you're truly appreciated."

Rich H. also gave the practice five stars and said, "My daughter has recently moved to NY to study musical theatre. She has visited a chiropractor regularly here in south Jersey, but in the first few weeks of her course, she was experiencing a great deal of pain and discomfort in her neck and lower back. Thankfully, Back & Body is just a couple of blocks away from her dorm and not only is this convenient for her to get regular treatment, but most importantly, we are extremely happy with the treatment she received. Dr Perna performed a detailed examination and called my wife and I (with my daughter's permission) to explain what was going on and what should be done to help her. [...] Since undertaking treatment, she has felt a lot better and the advice she received from Dr Perna and the team on how to help herself when she is dancing or performing has been just as valuable. [...] Thank you Dr Perna & team. We have one happy performer again."

Dr. Perna explains that the chiropractic care in Midtown NYC is a non-invasive treatment option for a wide range of neuromusculoskeletal conditions for patients of all ages. Chiropractic adjustments are often utilized to relieve back pain. This method, which is also known as spinal manipulation, has been observed to provide patients with immediate relief from headaches, lower back pain, and neck pain.

David Perna DC, CCSP, CCEP, makes use of an integrated approach to help his patients. He has focused his post-graduate studies on soft tissue methods, including exercise rehabilitation. Among his qualifications are: Board Certified Sports Practitioner, Active Release Technique (ART) Full Body Certified, ART Bio-Mechanics Certified, SFMA Certified, Graston Certified, Certified Strength and Conditioning Specialist, Board Certified in Neuro-Diagnostics, Board Certified Chiropractic Extremity Practitioner, Rutgers University Graduate, and Doctor of Chiropractic from Life University, Summa Cum Laude.

Dr. Perna is aided by Dr. Shan Sivendra, who is the Director of Medicine for the Back and Body Medical Group in Midtown Manhattan. In 2007, he was certified to perform manipulation under anesthesia by the American Academy of Manual and Physical Medicine.

Those who need more information about the various services for neck and back pain can visit the Back and Body chiropractor homepage.

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For more information about Back and Body Medical NYC, contact the company here: Back and Body Medical NYC David Perna +1 212-371-2000 your.friends@backandbodyny.com 133 E 58th St Suite #708, New York, NY 10022, USA

## **Back and Body Medical NYC**

*This integrated practice offers cutting edge technology mixed in with proven techniques to yield unequal results for neck and low back pain. The medical doctor, physical therapists and chiropractor work in unison to achieve the best possible results.*

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