Specific Chiropractic Reports Increased Patient Volume from Six Continents for Gonstead Technique

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NEW YORK, NY - March 16, 2026 -
Specific Chiropractic in Midtown Manhattan has documented a significant increase in international patient visits, with individuals traveling from six continents to receive treatment using the Gonstead Technique, a specialized chiropractic method practiced by approximately 450 practitioners nationwide.

The clinic, operated by Dr. Ryan Suh, one of 60 Gonstead Diplomates globally, has recorded patient arrivals from Europe, Asia, South America, Africa, Australia, and North America over the past year. The Gonstead Technique, developed in 1923, employs comprehensive spinal analysis and targeted adjustments that differ from conventional chiropractic methods.

Recent patient cases at the clinic have included treatment of a 13-year-old scoliosis patient with 41-degree curvature, carpal tunnel syndrome cases, and patients with breathing difficulties related to structural issues. The clinic reports treating these conditions through non-surgical spinal correction methods.

"The Gonstead Technique involves systematic analysis performed before each adjustment, allowing practitioners to identify specific areas of dysfunction," said Dr. Ryan Suh of Specific Chiropractic. "This

methodology requires extensive training beyond standard chiropractic education, which explains why fewer than 500 practitioners nationwide are qualified in this approach."

The Gonstead method incorporates structural correction, nerve pressure reduction, and detailed spinal analysis. According to clinic records, the technique addresses conditions including chronic pain, sports injuries, pregnancy-related discomfort, and certain neurological conditions. The approach focuses on identifying primary sources of spinal dysfunction rather than symptomatic treatment.

Data collected by the clinic over the past three years indicates that patients seeking Gonstead treatment often arrive after pursuing other treatment options. The clinic maintains records showing patient outcomes across various condition categories, though independent clinical studies on the technique's comparative effectiveness remain limited.

The increased patient volume coincides with media coverage from CBS, NBC, FOX, ABC, and the New York Post featuring the clinic's approach to non-invasive treatment methods. These reports have highlighted cases where patients avoided surgical interventions through chiropractic care.

"Patients seeking alternatives to surgical procedures represent a significant portion of our practice," noted Dr. Suh. "The precision required in Gonstead methodology involves extensive practitioner training, with diplomate certification requiring years of additional study beyond standard chiropractic education."

The clinic's services encompass pain management, sports medicine, pregnancy care, and wellness programs. Treatment protocols address conditions affecting the spine, extremities, and related neurological systems through drug-free, non-surgical methods.

Specific Chiropractic in New York continues to serve local Manhattan residents while accommodating international patients. The clinic maintains detailed patient records and treatment outcomes as part of its ongoing practice documentation.

Specific Chiropractic operates from its Midtown Manhattan location, providing evaluations and treatments using the Gonstead Technique. The clinic specializes in complex spinal cases and offers alternative medicine approaches to pain management, sports injuries, and wellness optimization through precise spinal correction techniques.

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