



## **West Suburban Wellness Shares the Journey of Founder and DuPage County Chiropractor Dr. Timothy C. Weselak, D.C., C.C.W.P.**

*March 17, 2026*

LOMBARD, IL - March 17, 2026 - PRESSADVANTAGE -

West Suburban Wellness has shared the personal account from its founder Dr. Timothy C. Weselak, D.C., C.C.W.P., chiropractor in DuPage County, IL, detailing a high school shoulder injury that shaped his career path in chiropractic care. The narrative, drawn from Dr. Weselak's own description on the practice website, recounts the events that led to his interest in the field and the subsequent establishment of the clinic in Lombard in May 2005.

Dr. Weselak was born and raised in Lombard, Illinois, and attended Glenbard East High School, where he played on the baseball team as a pitcher. Midway through one season, severe pain developed in the front of his right shoulder. The pain intensified over time, preventing him from throwing the ball across the infield or pitching. He initially attempted to manage it with ice, heat, topical applications such as Icy Hot and Sportscreme, and Tylenol, but these measures provided no relief.

At his father's suggestion, who had prior experience with chiropractic care, Dr. Weselak visited a chiropractor. The evaluation included a thorough assessment of the right shoulder and the spine, including the neck, middle, and lower back. The chiropractor identified a slight tendon strain in the shoulder area and described misalignments of the vertebrae, referred to as subluxations, in the neck that placed pressure on nerves controlling the shoulder. A course of chiropractic adjustments and exercises was recommended for the neck and shoulder.

Following the start of this care, Dr. Weselak reported returning to pitching pain-free within a couple of weeks. The resolution occurred without medication or surgery, which he found notable. This experience led him to research chiropractic principles, including the concept of the body's inborn ability to heal itself when interference is addressed.

The account influenced his educational direction. Dr. Weselak attended the University of Illinois at Urbana-Champaign before enrolling at the National College of Chiropractic, graduating in 2000 with a Doctor of Chiropractic degree. He obtained certification as a Certified Chiropractic Wellness Practitioner and completed training in ICPA Pediatric Adjusting Techniques. He achieved diplomate status with the National Board of Chiropractic Examiners.

After graduation, Dr. Weselak began practicing in downtown Chicago. He later returned to Lombard and opened West Suburban Wellness in May 2005. The practice has continued operations in the area since that time.

Dr. Weselak has taken on leadership responsibilities in the profession. He serves as president of the Illinois Prairie State Chiropractic Association. He received the IPSCA Chiropractor of the Year award for 2021-2022 and the IPSCA Beacon of Light Award in 2021. Additionally, he holds membership in the Lombard Chamber of Commerce.

The shoulder injury and its management through chiropractic adjustments and exercises demonstrated aspects of chiropractic philosophy in a personal context, said Dr. Timothy C. Weselak, D.C., C.C.W.P., founder of West Suburban Wellness.

West Suburban Wellness offers chiropractic services for a range of conditions that patients commonly report. These encompass neck pain, back pain, sciatica, pain from herniated discs, pinched nerve symptoms, headaches, migraines, scoliosis, shoulder pain, hip pain, and fatigue. The practice also addresses issues linked to pregnancy, arthritis, and sports injuries. Pediatric care applies gentle adjusting techniques suitable for children. Prenatal care focuses on discomforts during pregnancy. Services for seniors incorporate methods to support mobility.

The clinic employs spinal adjustments, soft tissue therapy, massage therapy, physical therapy, custom therapeutic exercises, and lifestyle counseling. The framework considers spinal alignment in relation to nervous system function, consistent with chiropractic training.

The team includes Dr. Carolyn Spadafino, Dr. Vito Spadafino, and Dr. Matt Greenberg, all holding Doctor of Chiropractic degrees with specialized training. Care follows detailed patient evaluations to develop individualized plans.

In his role as president of the Illinois Prairie State Chiropractic Association, the emphasis is on professional standards applied in the daily operations of West Suburban Wellness, said Dr. Timothy C. Weselak, D.C., C.C.W.P.

The practice's origins connect directly to Dr. Weselak's high school experience with chiropractic care. Techniques involve manual spinal assessments and interventions, augmented by contemporary evaluation tools. For those involved in sports, approaches draw from his baseball background, including guidance on strengthening and movement. Family-oriented options cover pediatric and prenatal needs across generations. Discussions on lifestyle address routine factors affecting spinal health.

West Suburban Wellness has operated in Lombard for over two decades, providing scheduled chiropractic care to residents in DuPage County and surrounding areas. The methods align with the founder's described introduction to the profession and ongoing chiropractic principles.

West Suburban Wellness functions as a family chiropractic practice established in Lombard in 2005. The clinic applies techniques centered on spinal care and nervous system considerations for individuals of all ages.

Summary West Suburban Wellness has presented the biographical details and personal shoulder injury story of founder Dr. Timothy C. Weselak, a Chiropractor in DuPage County, IL, as described on the practice website, including his recovery experience, education, practice opening in 2005, and professional recognitions. The release maintains focus on verifiable facts from the source material, framing the injury resolution as Dr. Weselak's reported personal outcome without broader efficacy assertions. It includes an overview of services and team structure in an objective manner.

###

For more information about West Suburban Wellness, contact the company here: West Suburban Wellness Dr. Tim Weselak (630) 629-9500 [info@westsuburbanwellness.com](mailto:info@westsuburbanwellness.com) 1127 S Main St Lombard, IL 60148

## **West Suburban Wellness**

*We provide families, adults and children (we specialize in pediatric care) the highest level of natural chiropractic care with modern technology and excellent customer service.*

Website: <https://westsuburbanwellness.com>

Email: [info@westsuburbanwellness.com](mailto:info@westsuburbanwellness.com)

Phone: (630) 629-9500

