

Chiropractic Care

Description

Chiropractic Care

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Looking To Try Chiropractic Care

For those looking for specialized chiropractic care, Move Well MD in Manhattan has you covered. Our chiropractor is well-versed in performing a range of chiropractic adjustment techniques, from spinal adjustments to muscle release work. We are committed to helping you feel your best and believe that chiropractic care is an important component of total body health. All of our visits include detailed assessments and treatments tailored to meet your individual needs, as well as post-treatment exercises and stretches that can be done at home. Whether you're looking for relief from pain or discomfort or just trying to maintain good physical health, Move Well MD's chiropractor can provide the personalized care you need to meet your goals. Visit us today to get started on your journey towards better wellbeing. Move well md have the best [Pain Management Doctors in Nyc](#)

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Learn About Our Chiropractic Specialist



Dr. Ben Gruen is a chiropractor at Move Well MD, providing chiropractic care to patients in Manhattan, New York, and the surrounding communities. He has achieved professional certification in active release and instrument-assisted soft tissue mobilization techniques and employs chiropractic adjustment, chiropractic massage, wellness care, and follow-up visits when treating patients. Dr. Gruen can effectively manage a variety of conditions spanning from stress to scoliosis to fibromyalgia, as well as offering scientific solutions for pain in the back, neck, shoulder and hip. An advocate for his patients' health and well being, Dr. Gruen attended University of Bridgeport College of Chiropractic for his doctoral chiropractic degree; he is also a member of the American Chiropractic Association.

[Get To Know Ben](#)

What TO Know Before You GO

What Is Chiropractic Care?

Chiropractic care is a holistic approach to health and well-being that focuses on the relationship between the body's structure (primarily made up of chiropractic joints, muscles, and bones) and its function. By assessing, diagnosing, and treating musculoskeletal conditions, chiropractors are able to help their patients achieve relief from a wide range of conditions including back pain, neck pain, headaches, extremity issues, as well as other conditions caused by sports injuries or repetitive stress. .

Is Chiropractic Care Safe?

Yes, chiropractic care is safe for individuals of all ages; however, any injuries and past surgeries should be brought up to your chiropractor before starting

Do Adjustments Hurt?

Adjustments should be relatively painless, but it is common for new patients to feel sore after their first appointment

Kathy Z????? [Read More](#)

Best care I have ever received from a medical provider. Everyone here really cares and is clearly very knowledgeable. I saw another provider before who did not take the time to actually make a diagnosis – received one here on my first visit. Doctor is experienced and works with your comfort level. Highly recommend!

Christine Y????? [Read More](#)

Now a regular patient of MoveWell, all the doctors and staff continue to provide exceptional and professional services for me. They are personable, kind, patient and supporting of my ongoing pain. Thank you once again!

Bradley A????? [Read More](#)

Dr. Ben and the staff are the best I feel like Family every time i come to the office. My first visit to the office was almost 2 years ago because of a sever neck crank during sparring i couldn't look to my right for almost 2 weeks. So I tried Move Well for relief because it was in the area and thank goodness I did. After the first visit I already had almost full range and mobility of my neck.

Michael ????? [Read More](#)

I've been a regular patient at Move Well for over 6 years. Dr Ben has truly helped me stay in good physical shape well into my 40s. Any aches and pains are immediately alleviated as a result of my weekly visits. Ask about the acupuncture, it's been a great addition to my routine.

John K????? [Read More](#)

Dr. Ben and his staff are the best! Receptionist were very friendly and I did not wait at all for my appointment. The doctor spent alot of time with me and explained very well what he was going to do. That made me feel very comfortable. Highly recommend!

Raina C????? [Read More](#)

Move Well MD is a one stop shop for holistic chiropractic care. Dr. Ben is fantastic as well as all of the team members there. What's best about this office is that they offer multiple different pain remedies from adjustments, massage, acupuncture and injection therapy.

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Ask Our Manhattan Chiropractic Specialist

At Move Well MD, our certified and experienced chiropractors can easily diagnose and treat a wide range of conditions related to the musculoskeletal system. From neck pain to sciatica, from headaches to sports injuries, our chiropractor can help alleviate your discomfort.

Our chiropractors use various manual therapies such as manipulation, mobilization and trigger point therapy that helps restore joint function and reduce inflammation. In addition, we offer rehabilitation exercises and advice about lifestyle changes that are necessary for long-term benefits.

If you have any questions about chiropractic care or would like to book an appointment with one of our specialists in Manhattan, please don't hesitate to contact us at Move Well MD today! We are committed to providing you with the answers and services you need so that you can start living a healthier life free of back or neck pain!

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