

Joshua A. Cohen, MS, DC, a Chiropractor with Cohen Chiropractic Trigger Point Center

Get to know Chiropractor Dr. Joshua A. Cohen, who serves patients in Pittsburgh, Pennsylvania.



New York City, Mar 3, 2020 ([Issuewire.com](https://www.issuewire.com)) - With a passion for the field of chiropractic and an unwavering commitment to his specialty, Dr. Cohen is the owner of Cohen Chiropractic Trigger Point Center in Pittsburg, Pennsylvania. There, he seeks to reduce pain and discomfort through his unique approach to the problem complex, using specific trigger point therapy called Nimmo.

Instead of the traditional, 'bone pushing on a nerve' chiropractic approach to treating pain, the Nimmo technique focuses on locating the hyperirritable spots, known as trigger points, in skeletal muscle tissue and applying precise pressure to break the muscles out of their pathological patterns of spasm and inflammation, to alleviate pain. This technique treats not only acute cycles of spasm and inflammation but also chronic patterns that have been wired into the system for months to years.

The Cohen Chiropractic Trigger Point Center was launched by his father, Dr. Jeffrey H. Cohen, in 1976. Dr. Joshua Cohen joined his father in 2000 and has been carrying the practice on his own since 2005. He has worked on everyone from professional football players and ballet dancers to infants and seniors. He focuses his efforts on helping patients relieve overworked muscles by setting the body in balance and takes pride in treating some of the toughest muscular cases that other doctors have turned away.

"I grew up watching my father treat and heal many people from all walks of life, with many types of injuries. His love for helping others was legendary and inspiring. Through my father, I learned the intricacies of healing that were not taught in school." as stated by the doctor.

Dr. Cohen serves as an Adjunct Professor at the New York Chiropractic College, where he has taught the Nimmo technique, from 2008 to the present. "I am always looking towards new techniques and new ways of treating muscle pain. Teaching keeps me connected to chiropractic students. Students are up on the latest and greatest techniques. Teaching has allowed me to compare and contrast the Nimmo Technique with other techniques. Teaching also allows me to learn my technique better. If you want to know a subject well, then teach it." he noted.

After earning his Bachelor of Arts degree from the University of Pittsburgh in 1995, Dr. Cohen went on to obtain his Doctor of Chiropractic degree from New York Chiropractic College in 2000. Three years later, in 2003, he earned his Master of Science degree in Human Nutrition from the University of Bridgeport.

To this day, he remains active in his field via memberships and affiliations with the International Chiropractors Association, the Pennsylvania Chiropractic Association, the Nimmo Educational Foundation, and the American Chiropractic Association. He also keeps his eye on cutting-edge advancements in the field with the goal of offering his patients the best care possible.

Chiropractic is a form of alternative medicine that mainly deals with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. A chiropractor uses spinal adjustments, manipulation, and other techniques to manage patients' health concerns, including neck pain and back pain. They aim to improve patients' functionality and quality of life by properly aligning the body's musculoskeletal structure and enabling the body to heal itself without the use of medication or surgery.

Like many esteemed medical professionals, Dr. Cohen believes in practicing what he preaches. He feels that his success is primarily attributable to hard work, focus, lots of studying, and good fortune.

On a more personal note, Dr. Cohen has a wife, Maria, and 2 children, Cole and Julien. He is an avid cyclist and regularly rides in the MS150, an annual 150-mile charity ride to raise money for multiple sclerosis research, and has competed in 100-mile mountain bike races, on a one geared bike. He also coaches community little league baseball.

Learn More about Dr. Joshua A. Cohen:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3195920-Joshua-Cohen->

[Chiropractor](#) or through Cohen Chiropractic Trigger Point Center, <https://cohentriggerpoint.com/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Joshua A. Cohen, MS, DC

[See on IssueWire](#)