

Manuel Compas, DC, a Chiropractor with Compas Chiropractic Rehab Studio

Get to know Chiropractor Dr. Manuel Compas, who serves patients in Washington, D.C.



New York City, Mar 13, 2020 ([Issuewire.com](https://www.Issuewire.com)) - Chiropractor Dr. Compas aims to give each person a personal approach to healthcare. He is the Founder of Compas Chiropractic Rehab Studio in Washington, D.C.

What sets his practice apart from others is the boutique style and the personal approach to care given.

Having treated over 1000 patients, Dr. Compas addresses the cause of the pain, not just the symptom. Some of the conditions that he treats include headaches, neck pain, whiplash, back pain, carpal tunnel, sciatica, and more.

When he was a student/athlete during his high school years, Dr. Compas ended up at the chiropractor's office after suffering from a neck injury while playing football. During his visit, he was extremely nervous because he had no idea what to expect. After engaging in small talk with the chiropractor, he was asked what he wanted to do for the rest of his life. He explained that he wanted to become a professional football player, and if that didn't happen, he would become a physical therapist to work with athletes.

The chiropractor smiled and asked him if he ever thought about becoming a chiropractor. Dr. Compas answered no because he didn't know anything about chiropractic care. The chiropractor then explained to him that chiropractors are spine doctors who specialize in musculoskeletal injuries, as well as many other conditions. What really captured Dr. Compas' interest was when the chiropractor told him that he was a chiropractor for the Canadian Olympic Team. He knew right away that he wanted to become a chiropractor if the NFL didn't come knocking on his door.

From there, Dr. Compas went to attend Ball State University, where he was a scholarship student-athlete who participated in two sports. During his career at Ball State, he won the Mid-American Conference Championship and played in the Las Vegas Bowl. After graduating with a degree in Exercise Science & Wellness, he went on to obtain his Doctor of Chiropractic (DC) degree from New York Chiropractic College.

Among the doctor's extensive expertise, he is a certified active release technique provider and a certified decompression therapy practitioner. He is also certified in manipulation under anesthesia (MUA) and remains a member of the American Association of Sensory Electro-diagnostic Medicine, the International Chiropractic Association, and the New York State Chiropractic Association.

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.

When not tending to patients at his office, Dr. Compas enjoys playing golf as often as he can. He also runs in the 5 and 10k races in his local community. In his spare time, one might find him playing basketball or weight training.

Learn More about Dr. Manuel Compas:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2889573-Manuel-Compas-Chiropractor-Washington-DC> or through Compas Chiropractic Rehab Studio, <https://www.compaschiropractic.com/us/>

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