

Sofia Tedesco, DC, a Chiropractor with Healing Hands Chiropractic

Get to know Chiropractor Dr. Sofia Tedesco, who serves patients in Rockville, Maryland.



New York City, Apr 21, 2020 ([Issuewire.com](https://www.issuewire.com)) - Being a highly experienced chiropractor, Dr. Tedesco grew up admiring how chiropractic care helps people recover from injuries or maintain wellness in a compassionate, noninvasive way. She realized that her passion in life was to help other people's health improve through her gentle and individualized care.

At present, she practices alongside her mother, Dr. Beth Tedesco, DC, at Healing Hands Chiropractic in Rockville, Maryland. The mother-daughter duo recognizes that everyone is an individual and the first step to better health, for them or a loved one, is a complete evaluation of their unique condition and circumstance. Their focus is on providing effective care that is safe for individuals of all ages.

Honing her scientific expertise at Grinnell College, Dr. Tedesco earned her degree in Biological Chemistry. She completed physical chemistry research at the California Institute of Technology and

conducted scientific reviews at the Food and Drug Administration. She then went on to graduate Summa Cum Laude from the University of Western States chiropractic program, where she was awarded scholarships for both academic excellence and nutritional expertise. She completed residencies at the East Portland Chiropractic Clinic and Las Vegas Veterans Hospital.

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.

Learn More about Dr. Sofia Tedesco:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82189977-Sofia-Tedesco-Chiropractor> or through Healing Hands Chiropractic, <http://healinghandschiropractor.com/dr-sofia-tedesco/>

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