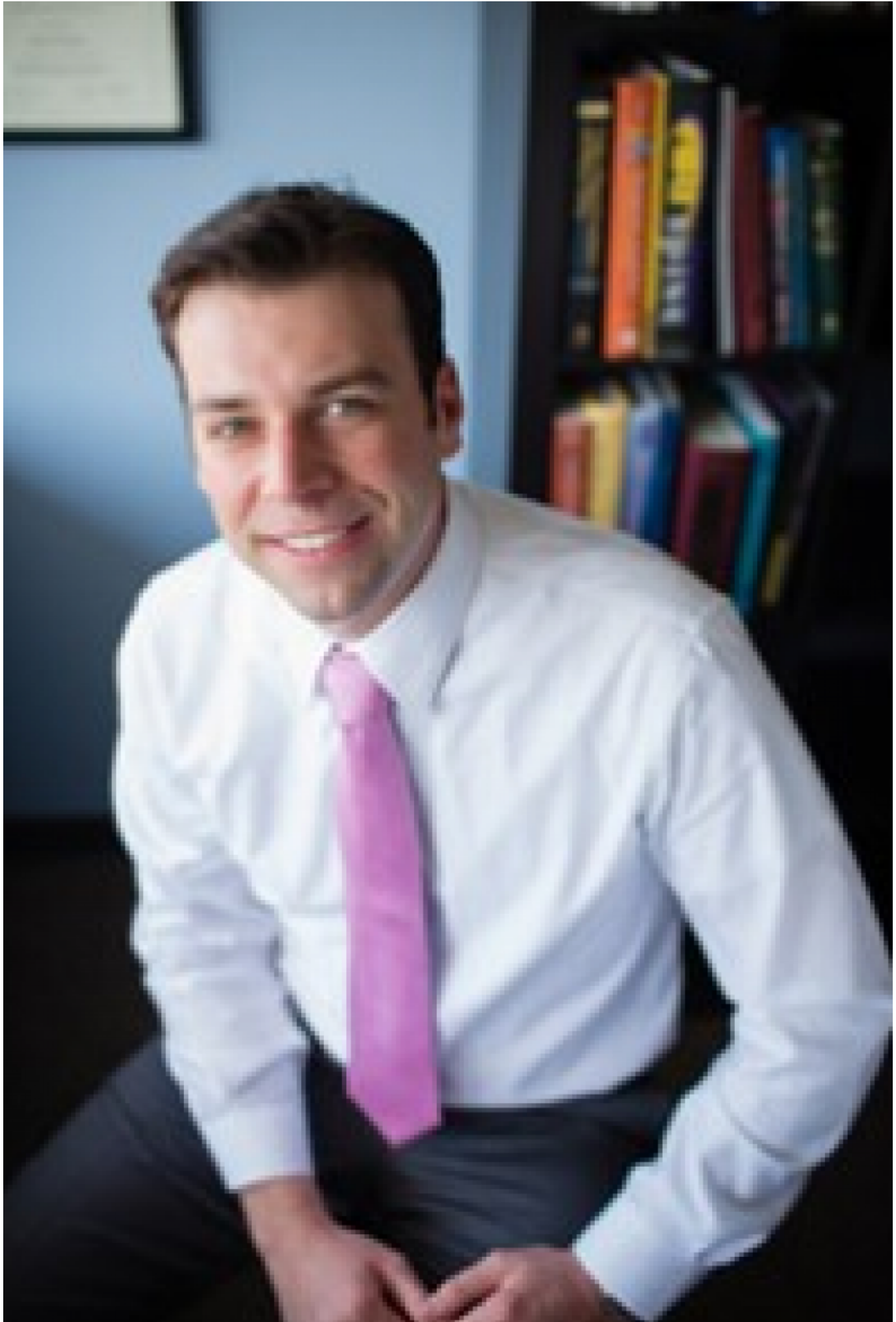


Adam D. Maddox, DC, a Chiropractor with Ideal Health Chiropractic

Get to know Chiropractor Dr. Adam D. Maddox, who serves patients in White Marsh, Maryland.



New York City, May 29, 2020 (Issuewire.com) - Dr. Maddox is one of only three chiropractors in the state of Maryland who holds Advanced Certification in Chiropractic BioPhysics, which provides lasting spinal correction and a safe effective alternative to surgery. Committed to bringing better health and a better way of life, he sees patients at Ideal Health Chiropractic in White Marsh, Maryland.

Through the utilization of state-of-the-art chiropractic equipment and technology, the team of experts at Ideal Health Chiropractic provides the most effective healing methods for any chiropractic and nutritional issues that patients may be suffering from. They are dedicated to helping patients achieve wellness objectives -- combining skill and expertise that spans the entire chiropractic wellness spectrum.

Born in Maryland and raised on the east coast, Dr. Maddox attended Wittenberg University in Springfield, Ohio where he received his Bachelor's degree in Biology with a minor in Chemistry. After suffering an athletic injury, which ended his college basketball career, he experienced firsthand the benefits of chiropractic care.

He then attended Logan College of Chiropractic in St. Louis, Missouri where he earned his Doctor of Chiropractic (DC) degree. After graduation in 2006, his passion for spinal rehabilitation led to his post-doctoral fellowship with the most published, researched scientific approach today: Chiropractic BioPhysics.

As well as keeping up with the latest research, Dr. Maddox is an accomplished researcher whose work has been published in peer-reviewed journals, including the Journal of Chiropractic Medicine and the Journal of Pediatric, Maternal and Family Health. He is also a member of the Maryland Chiropractic Association and the International 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 working at Ideal Health Chiropractic, Dr. Maddox enjoys spending time within the community. He freely donates his time to local schools, health organizations, and businesses.

When not practicing chiropractic, he enjoys maintaining an active lifestyle and relinquishing himself to weekend warrior status. One can often find him on the trails hiking or mountain biking or on the courts looking for a pickup game. He also enjoys participating in half marathons and obstacle course races such as Tough Mudder and Warrior Dash.

Learn More about Dr. Adam D. Maddox:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1091584-Adam-Maddox-Chiropractor> or through Ideal Health Chiropractic, <https://www.idealhealthbaltimore.com/meet-the->

[doctor](#)

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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