

Jeffrey L. Pruski, DC, a Chiropractor with Joint & Spine Center

Get to know Chiropractor Dr. Jeffrey L. Pruski, who serves patients in Huntsville, Texas.



New York City, May 8, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Pruski is a skilled chiropractor at Joint & Spine Center in Huntsville, Texas. Working to ensure the spine is functioning properly and at its best, his focus is on fixing the underlying cause of the problem and not just providing temporary relief. He has over 30 years of extensive experience in chiropractic care and regenerative medicine and has been involved with the application of regenerative medicine/biologic therapy for over 12 years.

Active in patient involvement, Dr. Pruski practices the McKenzie method, which is a technique primarily used in physical therapy. This method of spinal rehabilitation has been used by millions across the world to reduce and eliminate back, neck, and extremity pain.

In addition, he is active with other community businesses such as the Aspire Hospital, 3R (Regenerative Repair & Relief) Regenerative Medicine Center, and Sam Houston State University's College of Osteopathic Medicine. He continues to be a positive influence by supporting local businesses and other doctors who share in his philosophy and his passion for high quality, personalized patient care.

Influenced in his decision to become a chiropractor by his grandfather, Dr. Pruski earned his Doctor of Chiropractic (DC) degree from Parker College of Chiropractic in Dallas, Texas in 1989. Thereafter, he was credentialed by the McKenzie Institute to practice Mechanical Diagnosis and Therapy.

A member of the Texas Chiropractic Association, the doctor's areas of expertise include acute injuries, arthritis, back and neck pain, chiropractic rehabilitation, degenerative conditions, herniated discs, as well as joint pain and swelling. He truly cares about the well-being and happiness of his patients, continuously listening to their individual needs, and designing customized treatment plans.

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.

In honor of his clinical excellence, Dr. Pruski has been the recipient with several awards, including Top Chiropractor by Texas Magazine (2020), Huntsville Item's Reader's Choice Award (2015, 2016, 2017, 2018, and 2019), Kappa Alpha Order, Outstanding member (Spring 1984), and W. Karl Parker Committee for Scholastic Excellence (1990), among others.

On a more personal note, he was raised in Deer Park, Texas, and currently resides in Huntsville, where he has served the Montgomery/Walker Counties since 1990. His hobbies include serving the community as well as outdoor activities such as hunting, fishing, kayaking, and personal fitness.

Learn More about Dr. Jeffrey L. Pruski:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1156548-Jeffrey-Pruski-Chiropractor> or through Joint & Spine Center, <https://pruskijointandspine.com/dr-jeffrey-pruski/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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