

Lambros R. Lambrou, D.C. NorthEast Spine & Sports Medicine

Get to know Chiropractor Dr. Lambros R. Lambrou, who serves patients throughout the State of New Jersey.



New York City, Jun 3, 2020 ([IssueWire.com](https://www.issuewire.com)) - With over 20 years of experience, Dr. Lambrou strives to educate his patients about their unique health concerns. He believes that when patients are motivated and realistic about their health, outcomes are exceptional and earned. Alongside his twin brother, Dr. Dimitrios Lamrou, he founded Northeast Spine & Sports Medicine in Point Pleasant, New Jersey in the spring of 2001.

NorthEast Spine & Sports Medicine is the first multi-specialty medical group in Ocean and Monmouth counties devoted to pain management, physical therapy, chiropractic, and acupuncture. The doctors and therapists educate patients past the point of pain relief to lessen the risk of re-injury or exacerbating a specific pain syndrome. They do this by staying at the forefront of medical research, giving them the ability to deliver the latest and most innovative forms of health care possible.

Although Northeast Spine & Sports Medicine has grown to ten locations, Dr. Lambrou sees patients on a regular basis in the Jackson, New Jersey office. “We find that when patients with lower back pain do get better, their life changes. Just to see them living their life better puts a smile on all of our faces” as stated by the doctor, whose specialties are lumbar herniated disc decompression treatment and postural rehabilitation.

Back in 2000, Dr. Lambrou obtained his Doctor of Chiropractic degree from New York Chiropractic College as a member of the Phi Chi Omega Honor Society. Since then, he has devoted his postgraduate education to neuronal conduction studies, manipulation under anesthesia, diagnostic MSK ultrasonography, chiropractic biophysics (CBP), and scoliosis rehabilitation. He also has a profound interest in nutritional strategies and their application in anti-aging medicine.

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.

A strong supporter of his community and veterans affairs, Dr. Lambrou is an honorary member of The Chapel of the Four Chaplains, the International Society of Police Physicians and Surgeons, and both the Jackson Township PBA Local 168 and the Honor Legion of the Police Departments of the State of New Jersey. In 2020, he was awarded as a regional Top Doctor.

Learn More about Dr. Lambros R. Lambrou:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2240517-Lambros-Lambrou-Chiropractor> or through NorthEast Spine & Sports Medicine, <https://www.northeastspineandsports.com/northeast-spine-sports-medicine/physicians-and-staff/lambros-r-lambrou-dc/>

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