

Kelly Blundy, DC, BCIM, a Chiropractor with The Spine and Health Center of New Jersey

Get to know Chiropractor Dr. Kelly Blundy, who serves patients in New Jersey.



New York City, Aug 26, 2020 (Issuewire.com) - Dr. Blundy is a skilled chiropractor serving as the Co-Founder of The Spine and Health Center of New Jersey. It is a leading chiropractic, physical therapy, and acupuncture clinic specializing in treatment for all of spine and muscular needs with offices in Montvale and Closter, New Jersey.

“At The Spine & Health Center of New Jersey, we coordinate and customize your total body care all in one place – saving you time and money – while providing the best possible care and attention in order to get you results that last. We believe that the body is designed to heal itself through corrective exercise and functional training. Our experts will train your body to perform at its most optimal state, and most importantly, pain-free” as stated on their website.

Throughout her academic career, Dr. Blundy attended Michigan State University, obtaining a Bachelor of Science degree in Human Biology. She then attended Logan University, earning her Doctor of Chiropractic degree. During her years at Michigan State University and Logan University, she studied under some of the foremost figures in the chiropractic profession today.

Working toward a multitude of specialties in the chiropractic field, she received education in extremity adjusting, neurological diagnosis and treatment, radiology, dynamic spinal analysis, and soft tissue techniques including Active Release Technique, Trigger Point Therapy, Myofascial Release, and Positional Release Therapy.

Having attended numerous extracurricular seminars in everything from diagnosis to adjustment technique, Dr. Blundy has spent countless hours honing and refining the skills she brings to practice. Board-certified in integrative medicine through the American Board of Integrative Medicine, she holds certifications in Trigenics, Manipulation Under Anesthesia, Active Release Technique, and Graston Technique.

Alongside her clinical role, she is a Chiropractic Physician for Clemson University Track & Field Team, and a Board Member of the New Jersey Doctor Patient Alliance.

On top of that, Dr. Blundy practices functional medicine within the Institute of Functional Medicine. The functional medicine model is an individualized, patient-centered, science-based approach that empowers patients and practitioners to work together to address the underlying causes of disease and promote optimal wellness. It requires a detailed understanding of each patient’s genetic, biochemical, and lifestyle factors and leverages that data to direct personalized treatment plans that lead to improved patient outcomes. By addressing root cause, practitioners are able to identify the complexity of disease and find solutions instead of just covering up symptoms.

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.

For her commitment to excellence in chiropractic care and spinal disorders, Dr. Blundy was named one of New Jersey’s Top Doctors of 2016. She was also named as one of the Top Chiropractors in Bergen County in 2015 and 2016 by 201 Magazine.

Learn More about Dr. Kelly Blundy:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1129928-Kelly-Blundy-Chiropractor> or through The Spine and Health Center of New Jersey, <https://thespineandhealthcenter.com/about-us/>

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Source : Kelly Blundy, DC, BCIM

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