

Jean-Carlos Cruz, DC, a Chiropractor with Capitol Rehab of Annandale

Get to know Chiropractor Dr. Jean-Carlos Cruz, who serves patients in Annandale, Virginia.



New York City, Sep 15, 2020 ([Issuewire.com](https://www.issuewire.com)) - Valuing communication and compassion, chiropractor Dr. Cruz is devoted to patients' health goals, resolving their pain issues and improving their quality of life. He is the Clinic Director of Capitol Rehab of Annandale in Virginia.

"Our mission at Capitol Rehab of Annandale is simply to serve you. We provide excellent chiropractic

care to help our patients reach and exceed their health goals. We assess the patient as a whole. We want to address the main concern, but also lead you into a lifestyle of being pain-free. We do all of this by offering an evidence-based approach to chiropractic care by utilizing chiropractic manipulation, soft-tissue techniques, therapeutic rehabilitation, and a variety of chiropractic services to help achieve your health goals” as stated on their website.

Born in Arecibo, Puerto, Dr. Cruz attended primary and secondary school there. He graduated from Interamerican University of Puerto Rico with a Bachelor of Business Administration, also taking a pre-med curriculum and studying Risk Management. In 2019, he graduated with his Doctor of Chiropractic (DC) degree from Life University in Marietta, Georgia, where he also completed his internship.

During his training, he was directly mentored by past and current presidents of the American Chiropractic Association and the International Chiropractic Association, as well as by several presidents of different chiropractic schools. He trained at Washington DC VA Medical Center and received certifications in RockTape Basic & Performance Series, RockBlades Basic & Advanced series.

A member of the Virginia Chiropractic Association, Dr. Cruz is board-certified through the National Board of Chiropractic Examiners. Currently, he is training on a fellowship in Anti-Aging, Metabolic & Functional Medicine at the American Academy of Anti-Aging Medicine, regarded as one of the best in the nation. Here, he is learning full-scope functional medicine, metabolic, and anti-aging techniques.

Additionally, he is completing the specialty training for Functional Neurology. Here, he is being trained to specifically deal with neurological diseases, diagnostic methods, and specific techniques and practices to take care of the patients.

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.

On a more personal note, Dr. Cruz lives in Arlington, Virginia, where he enjoys spending time with his family, Dr. Monica Lopez and his dog, Logan. He is fluent in both English and Spanish.

Learn More about Dr. Jean-Carlos Cruz:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82737668-Jean-Carlos-Cruz-Chiropractor> or through Capitol Rehab of Annandale, <https://www.capitolrehabva.com/about/>

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