

Brian Yodice, DC, a Chiropractor with Collaborative Chiropractic

Get to know Chiropractor Dr. Brian Yodice, who serves patients in White Plains, New York.



New York City, Jan 14, 2021 ([Issuewire.com](https://www.issuewire.com)) - Reputable chiropractor, Dr. Yodice, specializes in sports injury management and performance nutrition. He created and designed Collaborative Chiropractic around an innovative approach of state-of-the-art evaluation procedures and a combination of traditional conservative chiropractic techniques, massage therapy, therapeutic exercises, and nutrition to restore and improve poor mobility, flexibility, and strength.

“By redefining the concept of an athlete as an active person and innovating the current healthcare approach, we are dedicated to personal optimization and performance improvement for the fulfillment of an active and healthy lifestyle” as stated on his website.

The greatest passion for Dr. Yodice is bringing athletes suffering the consequences of their injuries back to the performance they are accustomed to. He brings compassion and understanding to the treatment he provides because he has experienced his own sports injury.

His experience with chiropractic started at a young age when he watched his father suffer after he hurt his back. Incapacitated and unable to stand, his father was carried out of the house and brought to the hospital. After medical treatment provided little help, the benefits of chiropractic allowed him to stand, walk, and return to work. When injured playing lacrosse, Dr. Yodice drew on this experience, used chiropractic to heal his own injury, and returned to playing lacrosse, soccer, and diving with an improved level of health and performance.

His passion for athletics started with gymnastics and soccer at the age of 5, continued through high school with lacrosse, and into college as a Division I national regional qualifying diver at Villanova University. Now, Dr. Yodice helps his patients - who include young athletes, high school and college amateurs, professionals, and weekend warriors - heal their injuries & return to athletic function and a competitive level of performance through chiropractic care.

His educational background includes a Bachelor of Science degree with a Comprehensive Major from Villanova University, a Doctor in Chiropractic degree and Certification as a Chiropractic Sports Physician (Practitioner) from New York Chiropractic College, as well as Certification in Active Release Technique.

In practice and coaching since 1999, Dr. Yodice takes from his sports specific training and experience as a chiropractor, US Diving coach, Empire State Games head coach, and Stony Brook University Division I diving coach a practical knowledge of the treatment he provides. No single approach is the right one for every athlete; therefore, Dr. Yodice has been trained in a range of modalities including chiropractic manipulation, active release technique, myofascial release, passive and active therapies, therapeutic exercise and rehabilitation, and sports specific training.

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, back pain, headaches, vertigo, and a long list of other ailments and conditions. 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 naturally, without the use of medication or surgery.

Among his philanthropic endeavors, Dr. Yodice is a supporter of the Michael J. Fox Foundation. He attributes his success to his love of the field, his ability to help his patients feel better, and his strive to make a difference.

Outside of the office, one may catch him with one of his furry friends at a local coffee shop, watching car shows, swimming, biking, as well as running around Westchester, training for his next triathlon or cycling event.

Learn More about Dr. Brian Yodice:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1609284-Brian-Yodice-Chiropractor> or through Collaborative Chiropractic, <https://drbrianyodice.com/about>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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