

Joseph P. Viernow, BA, DC, a Chiropractor with Arkansas Pioneer Chiropractic Health Centre

Get to know Chiropractor Dr. Joseph P. Viernow, who serves patients in Arlington, Texas.



New York, New York City, Jan 28, 2021 (Issuewire.com) - Referred to as the “Disc Doctor, Dr. Viernow is an award-winning chiropractor at Arkansas Pioneer Chiropractic Health Centre in Arlington, Texas. His special interests include the treatment of headaches and disc injuries with the use of a specialized technique of “Painless Long Axial Adjusting Technique”.

He studied under Dr. Clarence Gonstead in Mount Horeb, Wisconsin, who had the largest chiropractic practice in the United States. His areas of special instruction have been Gonstead adjustment, X-ray analysis system, Diversified technique, Thompson technique, computerized PulStar adjustment, Activator Method chiropractic technique, extremity adjustments, Erhart X-ray interpretation, as well as cervical, thoracic, and lumbar spine adjustments.

In his early years, Dr. Viernow enjoyed his childhood singing in the children's choir and eventually the adult church choir. He was a soloist in elementary and junior high school and sang in the quartet in high school. He was also elected President of the choir during his college years.

Enjoying all types of dancing, he tap-danced, played the accordion, as well as singing solos at many nursing homes, hospitals, and carnivals. He exchanged his tap dancing and playing of the accordion to participate in sports year-round. He played football, basketball, golf, and ran the high hurdles while in high school. His track team won First Place in the state of Illinois during his senior year.

Upon graduating from Rock Island High School, Dr. Viernow attended and graduated from Augustana Lutheran College in Rock Island, Illinois with a Bachelor of Arts degree in Business. While attending Augie, he pledged and was an active member in the Beta Omega Sigma Fraternity, serving as Secretary for two years. Upon graduation, he enlisted in the Army's Officer Candidates School in Fort Lee, Virginia. He completed basic training at Fort Dix, New Jersey, and Advanced Infantry Training at Fort McClellan, Alabama. He then attended Officer's Candidate School at Fort Lee, Virginia. Following completion, he was assigned for duty at Fort Carson, Colorado where he was stationed for one year. He learned to snow ski at night on Broadmoor Mountain, after which he skied most of the mountains in Colorado with great enjoyment.

Volunteering for duty in South Vietnam, Dr. Viernow then served one tour of duty and was promoted to First Lieutenant. He was awarded the Bronze Star for meritorious duty while serving in a combat zone. Upon returning home, he was reactivated as a Company Commander in the Army Reserves for 5 years. He was helped by a chiropractor to stabilize his chronic condition of bronchitis with adjustments and therapy. After being treated with great success, Dr. Viernow decided to enroll in school to become a chiropractor at Palmer College of Chiropractic in Davenport, Iowa.

Certified through the National Board of Chiropractic Examiners, he is a member of the American Chiropractic Association, the Texas Chiropractic Association, and the Chiropractic Knights of the Round Table.

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.

On a personal note, Dr. Viernow enjoys many hobbies and sports including playing golf, boating, playing volleyball, and working out. He is a huge University of Iowa Hawkeye fan as well as the Dallas Mavericks and Dirk Nowitzki, where he is a long-term season ticket holder. He is even a bigger fan of his family, which includes his wife, Sharon, and their three children: Roxanne, Brigitte, and Shaun. He and his wife both enjoy spending time with their 3 grandchildren: Zackary, Callum, and Zander.

Learn More about Dr. Joseph P. Viernow:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3507056-Joseph-Viernow-Chiropractor> or through Arkansas Pioneer Chiropractic Health Centre, <https://chiropracticofarlington.com/meet-dr-viernow/>

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