

Mark Addona, DC, a Chiropractor with Addona Chiropractic

Get to know Chiropractor Dr. Mark Addona, who serves patients in Westfield, New Jersey.



New York, New York City, Feb 9, 2021 ([Issuewire.com](https://www.issuewire.com)) - Maintaining a healthier “you”, Dr. Addona is the Founder of Addona Chiropractic. He originally began his practice in Mountainside and subsequently opened his private practice in Westfield, New Jersey in 1990.

Having built a family practice with an emphasis on prevention and well-being, he employs a personal “hands-on” approach to find and correct the cause of problems by utilizing corrective posture, corrective

exercises, muscle relaxation, and spinal alignment. He believes all patients have the potential to see improvement and that it is never too late to seek treatment.

Some of the most common conditions that he treats are headaches, neck pain, back pain, shoulder pain disc bulges and herniations, shoulder pain, foot pain, and spinal stenosis. He uses various chiropractic techniques depending on one's condition, including side posture, the Activator Method Chiropractic Technique, Thompson Drop-Table Technique, and spinal decompression (Cox Technique).

Attending Rutgers University, Dr. Addona obtained his bachelor's degree in Biochemistry in 1985. He then went on to earn his Doctor of Chiropractic degree from Life University, where he graduated Valedictorian of his class in 1988. His postdoctoral training includes chiropractic orthopedics and sports medicine, and he is certified by the National Board of Medical Examiners to perform DOT examinations.

Licensed by the New Jersey Board of Medical Examiners, he is a member of the Association of New Jersey Chiropractors, a Certified Chiropractic Peer Reviewer, and an Independent Medical Examiner.

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 more personal note, Dr. Addona resides in Cranford, New Jersey with his wife. He is a proud father, father-in-law, and grandfather. When he is not in the office, one can find him playing golf, trying new restaurants, drinking wine, traveling, and cheering on his favorite football team, the New York Giants.

Learn More about Dr. Mark Addona:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3463746-Mark-Addona-Chiropractor> or through Addona Chiropractic, <https://www.drmarkaddona.com/about>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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