

Arlene Kazio, DC, a Chiropractor with Spine and Wellness Sports Medicine

Get to know Chiropractor Dr. Arlene Kazio, who serves patients in Matawan, New Jersey.



New York, New York City, Jul 21, 2021 ([Issuewire.com](https://www.issuewire.com)) - Board-certified in New Jersey, Dr. Kazio is a seasoned chiropractor who practices at NJ Spine and Wellness Center in Matawan, New Jersey. NJ Spine and Wellness Center is an orthopedic, pain management, and sports medicine multi-specialty

group located in East Brunswick, Freehold, Matawan, and Old Bridge, NJ. Dr. Kazio is considered an expert in musculoskeletal diagnosis, as well as, sports medicine.

“NJ Spine and Wellness is a multidisciplinary practice focused on helping patients and their families get better faster. The staff of highly trained and licensed professionals includes specialists in orthopedic surgery, sports medicine, pain management, chiropractic care, physical therapy, acupuncture, and occupational therapy. Dedicated to providing the best care, their multidisciplinary practice uses state-of-the-art technology, including the AlterG® Anti-Gravity Treadmill, DRX9000® for spinal decompression, and the LightCure® laser”, as stated on the website of Spine and Wellness Sports Medicine.

Born and raised in Carteret, NJ, Dr. Kazio completed her undergraduate degree in biochemistry in 1994 at Monmouth University in West Long Branch, New Jersey, where she was featured on the Dean's List. She then became certified in various neuromuscular therapy techniques through the Somerset School of Massage Therapy in Somerset, NJ. To further advance her career, Dr. Kazio obtained a Doctor of Chiropractic degree from the Northeast College of Health Sciences, formerly known as the New York Chiropractic College (NYCC) in 1998. She then earned certification in sports injury and prevention through NYCC and studied whiplash and traumatic brain injury through the Spine Research Institute of San Diego in San Diego, California.

Chiropractic is an integrative alternative medicine that is concerned with the diagnosis and treatment of mechanical disorders of the neuromusculoskeletal system, especially the spine. Practitioners of chiropractic are called chiropractors.

On a more personal note, Dr. Kazio and her husband and three children live in Marlboro, NJ. When not practicing chiropractic, she dedicates time to her favorite activities, including running, pilates, traveling, and caring for her family.

Learn more about Dr. Arlene Kazio:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1559980-Arlene-Kazio-Chiropractor>

or through NJ Spine and Wellness Center,

<https://www.njspineandwellness.com/provider/arlene-kazio-dc>

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