

Jennifer Nelson, DC, Chiropractic Physician in Private Practice

Get to know Jennifer Nelson, DC, a chiropractic physician who serves patients in La Mesa, California.



New York City, New York Nov 22, 2021 ([IssueWire.com](https://www.issuewire.com)) - Dr. Nelson is a seasoned chiropractor and owner of J Nelson Chiropractic Corporation in La Mesa, California. She established her cutting-edge chiropractic practice in 2016. Moreover, she is an Exercise Specialist with Water and Sports

Physical Therapy Inc.

Dr. Nelson received her Doctor of Chiropractic degree in 2016 at Palmer College of Chiropractic in San Jose, California. Dr. Nelson moved her business four times having owned and operated Fix Your Body Wellness Center in El Cajon, California (2018 - 2021), as well as Your Team Doc in San Jose, California (2017 - 2021).

Chiropractic is a form of alternative conservative care that mainly deals with the diagnosis and treatment of disorders to the musculoskeletal system and the spine. A chiropractor uses spinal adjustments, along with stretching, therapeutic exercise, electrical stim, and ultrasound to address patient concerns related to neck and back pain, headaches, vertigo, and sciatic pain as well as many other musculoskeletal conditions. The ultimate goal with patients is to improve functionality, decrease pain, increase range of motion, and improve quality of life.

Learn More about Jennifer Nelson, DC.:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3463371-Jennifer-Nelson-Chiropractor>, or her website

<https://www.fixyourbodywellnesscenter.com/wellness-center/chiropractic>

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