

Alicia Kovach, DC, a Chiropractor with Kovach Chiropractic and Wellness Center

Get to know Chiropractor Dr. Alicia Kovach, who serves patients throughout the State of Maryland.



New York City, New York Dec 2, 2021 ([Issuewire.com](https://www.issuewire.com)) - A certified chiropractor, Dr. Kovach works with patients at her private practice - Kovach Chiropractic and Wellness Center - with offices in Gambrills and Chester, Maryland. She has a special interest in maternity care, pediatric care, worker's compensation, personal injury, and spinal decompression for herniated discs.

The doctor specializes in several different techniques, including Thompson, Diversified, Flexion-Distrraction, Acupressure, Myofascial Release, and Activator. Along with these adjustment techniques, she combines physical therapy modalities such as electrical stimulation, ultrasound, and hot and cold therapies when creating individualized patient treatment plans. She is also trained in spinal decompression.

Growing up in Iowa, Dr. Kovach graduated from Northwestern College and received a Bachelor of Science degree in Exercise Physiology. She then attended Palmer College of Chiropractic where she received her Doctor of Chiropractic degree in 2006.

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. Kovach enjoys spending her free time with her family and loves the outdoors.

Learn More about Dr. Alicia Kovach:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2909215-Alicia-Kovach-chiropractor-Gambrills-MD-21054> or through Kovach Chiropractic and Wellness Center, <https://www.kovachchiropractic.com/about-us>

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