

Alex Hilario, DC, a Chiropractor with Chiropractic Rehabilitation Source

Get to know Chiropractor Dr. Alex Hilario, who serves patients in Yonkers, New York.



New York City, New York Feb 23, 2022 ([IssueWire.com](https://www.issuewire.com)) - Dr. Hilario is a top chiropractor serving Yonkers, New York, and the surrounding area. Helping patients to attain everyday wellness goals, he is the owner & operator of Chiropractic Rehabilitation Source.

He and the rest of the welcoming team at Chiropractic Rehabilitation Source are committed to providing chiropractic solutions to address each patient's unique needs, whether they are experiencing back pain, neck pain, headaches, or even muscular tightness and tension.

"I went from having debilitating back and leg pain to being able to work out and lift weights pain-free. I have seen and felt the incredible benefits that chiropractic care can offer. I have seen patients regain their sight and hearing, I have seen women go from not being able to conceive to being pregnant. I have seen patients get off of a number of medications, including blood pressure medications. I have seen patients who were suffering from headaches for decades live life pain-free. I have also seen kids go from having constant ear infections to having none. Chiropractic can change your life too" expressed Dr. Hilario.

Since graduating with his Doctor of Chiropractic (DC) degree from New York Chiropractic College, he has been practicing in multidisciplinary settings, working alongside medical doctors, physical therapists, acupuncturists, personal trainers, and massage therapists. As a result, he has intricate knowledge of the benefits offered by these other practitioners, and how and when to incorporate their specialties into a chiropractic care regimen.

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 and back pain. 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 without the use of medication or surgery.

On a more personal note, Dr. Hilario has been blessed with a beautiful family. He has three amazing kids, two boys, and one girl. He loves sports and any physical activity. When he is not in his office or with his family, one can find him in his local church, Gracepoint Gospel Fellowship in New City, New York. Above all, his relationship with Christ is most important.

Learn More about Dr. Alex Hilario:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3063792-Alex-Hilario-Chiropractor> or through Chiropractic Rehabilitation Source, <https://chirorehabsource.com/meet-the-chiropractor.html>

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