

Robert C. Nencheck, DC, a Chiropractor with Sirninger Family Chiropractic

Get to know Chiropractor Dr. Robert C. Nencheck, who serves patients in Whitehouse Station, New Jersey.



New York City, New York Feb 25, 2022 ([IssueWire.com](https://www.issuewire.com)) - A knowledgeable chiropractor, Dr. Nencheck has been an active individual his entire life; participating in multiple sports from his childhood through the present day. Living a healthy lifestyle is something he strives for through both diet and exercise, and he promotes it in his training style and chiropractic philosophy.

His philosophy is based on the theory of “structure equals function.” By focusing on postural imbalances and biomechanical abnormalities, he is able to differentiate between the areas of the body that need attention and is able to provide the appropriate exercises and manipulations necessary to help correct those issues. Doing so puts less stress on the body leading to a decrease in pain, an increase in range of motion, and an overall higher level of performance, both physically and mentally.

Furthermore, Dr. Nencheck believes that training, chiropractic, and life in general, are all about balance. Many activities should be done in moderation and it is important to not overdo any type of activity or therapy. In general and depending on the specific goals at hand; a combination of manual therapeutics including chiropractic manipulation, soft tissue therapy, and physiotherapy modalities, along with active therapies like exercise, proper nutrition, mindfulness, and rest is vital to making progress and leading a healthy life.

With extensive academic education, he graduated with an Associate's degree in Exercise Science from the Raritan Valley Community College in 2010 and received his Bachelor's degree in Exercise Science/Sport Studies from Rutgers University in 2013. He is a recent graduate of the University of Bridgeport School of Chiropractic (UBSC) in Connecticut, where he earned his Doctor of Chiropractic degree in 2019. He graduated from UBSC with Summa Cum Laude honors and was the class Valedictorian.

Throughout his education, Dr. Nencheck completed a few notable internships. The first one, at TEST Sports Clubs, focused on strength and conditioning where he assisted collegiate football players to prepare for the NFL Combine. The second internship was for athletic training at Rutgers University. At this internship, he assisted the Rutgers football team with treatments of athletic injuries within the Hale Center in Piscataway, New Jersey.

Moreover, he completed an internship in diagnostic imaging at Stony Brook University Hospital. This provided him with more experience in reading and diagnosing pathologies through x-ray and MRI imaging. The final internship of note was at the Veterans Hospital (VA) in West Haven, Connecticut. There, he treated United States veterans with chiropractic manipulation.

In 2009, Dr. Nencheck obtained his personal training certification through the American College of Sports Medicine. This certification is the building block of his career and enables him to train individuals of all fitness levels. In addition, he is a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association, which allows him to conduct sport-specific exercise programs for patients interested in improving their athletic performance. He also completed a 200-hour yoga teacher training program at Yoga Loka in Frenchtown, which he utilizes to improve his patient's flexibility and to increase their mental awareness of their bodies.

Among his other roles, he has served the community as a certified EMT for the Tewksbury and Calton Rescue Squads for about 5 years. His goal is to incorporate his professional experiences, and the advanced degree of chiropractic into his training philosophy to further optimize his patient's well-being.

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.

In his free time, Dr. Nencheck enjoys various recreational activities such as yoga, sports, exploring the outdoors, traveling, and simply having a good laugh with family and friends.

Learn More about Dr. Robert C. Nencheck:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/83970933-Robert-Nencheck-Chiropractor> or through Sirninger Family Chiropractic, <https://www.familyspine.com/doctors/dr-robert-c-nencheck/>

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