

Henry N. Jenkins Jr., DC, CCEP, a Chiropractor with Paradigm Chiropractic and Performance, LLC

Get to know Chiropractor Dr. Henry N. Jenkins Jr., who serves patients in Washington, D.C.



New York City, New York Nov 28, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Jenkins Jr. is a licensed chiropractor in the Commonwealth of Virginia and the District of Columbia. He is the Clinical Director of Paradigm Chiropractic and Performance, LLC in Washington, D.C.

As such, he provides advanced spinal correction and chiropractic adjustments utilizing “state-of-the-art”

chiropractic techniques. His areas of expertise include restoration of all joints and spinal motion, neuromuscular reeducation, and therapeutic exercise.

Since 2011, Dr. Jenkins Jr. and the rest of the friendly team at Paradigm Chiropractic and Performance, LLC have been dedicated to chiropractic solutions to target patients' unique needs, whether they are suffering from back pain, neck pain, headaches, or even just plain old muscular tightness and tension. They provide various techniques that increase joint flexibility, as well as improve the nervous system and proprioceptive feedback while reducing pain pathways.

A 2007 graduate of Life University, Dr. Jenkins Jr. has been treating patients for various muscular and spinal ailments in the District of Columbia for several years. He has worked in several clinical environments, each presenting a different area of specialty and cooperation with other law, medical, neurological, and orthopedic professionals.

Utilizing several techniques to help his patients, his unique protocols in the Diversified, Activator, S.O.T, Thompson, and Extremity Adjusting Techniques ensure that each patient gets realistic functional results and pain reduction. Dr. Jenkins Jr. has had the unique opportunity to treat patients from the ages of 2 to 102 for a variety of issues. Among them, are motor vehicular accidents, trigeminal neuralgia, occipital neuritis, headaches, TMJ pain, (IT) iliotibial band contractures, pregnancy-related pelvic dysfunction, costochondritis, frozen shoulder balance, and foot/gait issues.

A Certified Chiropractic Extremity Practitioner (CCEP) through the Council on Extremity Adjusting, Dr. Jenkins Jr. is dedicated to growing with the community and establishing a patient-oriented health center that he has envisioned his entire professional career.

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, such as 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 medication or surgery.

Learn More about Dr. Henry N. Jenkins Jr.:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/1351629-Henry-Jenkins-Jr-Chiropractor>, or through Paradigm Chiropractic and Performance, LLC, <https://www.paradigmchiropracticdc.com/meet-the-chiropractor.html>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Henry N. Jenkins Jr., DC, CCEP

[See on IssueWire](#)