

Jordan Trainor, DC, a Chiropractor with MyoCore

Get to know Chiropractor Dr. Jordan Trainor, who serves patients in Fort Worth, Texas.



New York City, New York Mar 14, 2023 ([IssueWire.com](https://www.issuewire.com)) - A committed chiropractor, Dr. Trainor is affiliated with MyoCore, working with patients at the chiropractic clinic in Fort Worth, Texas. Patients

who visit her clinic are immediately put at ease by her warm and compassionate demeanor. Her dedication to discovering the root cause of their symptoms inspires trust, and her determination to provide non-invasive treatments that enable long-term wellness is contagious.

Originally from Columbia, Maryland, she earned her Doctor of Chiropractic degree at Palmer College of Chiropractic and has since specialized in myofascial release, chronic pain management, corporate wellness, and ergonomics, Prenatal Webster Technique and pediatrics, sports injury care, post-rehab conditioning, and geriatric wellness. As a certified Corrective Exercise Specialist, she is passionate about helping patients reduce their risk of injury by helping them move, feel, and live better. Since she was a girl, Dr. Trainor has had a knack for making people feel at ease during stressful times of pain or injury, and this skill has only grown stronger over the years. She believes that muscle work and corrective exercise are essential components of chiropractic wellness, and she frequently runs and cycles with her boyfriend and their two dogs to stay in shape.

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, various injuries to the upper and lower extremities, 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.

Learn More about Dr. Jordan Trainor:

Through

FindATopDoc.com, <https://www.findatopdoc.com/doctor/85018383-Jordan-Trainor-Chiropractor> or through MyoCore, <https://www.myocore.com/doctors/dr-jordan-trainor/>

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