

Darren Rief, DC, a Chiropractor in Private Practice

Get to know Chiropractor Dr. Darren Rief, who serves patients in New York, New York.



New York City, New York Jun 28, 2023 ([Issuewire.com](https://www.issuewire.com)) - A licensed chiropractor, Dr. Rief has been in private practice in New York City for over two decades. His main approach to chiropractic care is posture correction, and eliminating the single most powerful stress on our spines - gravity.

His philosophy is to remove interference in the spine and help the body heal itself. Patient education is paramount to helping the patient realize their best physical self. Restoring motion is a chiropractor's

focus, breaking down a dysfunctional pattern, and building a better, healthy pattern.

Through the adjustment, stretching of the tight muscles, and strengthening of the weak muscles, Dr. Rief can restore proper motion and balance to patients. Focusing on posture and ergonomics, he can teach a patient how to eliminate physical stresses, and combat gravity more efficiently. Reducing forward head posture and restoring the natural cervical curve are typical keys to optimal posture correction.

A Long Island native, Dr. Rief has been practicing in New York City since graduating from Life University in 2000. He has worked alongside orthopedists, neurologists, physical therapists, acupuncturists, and massage therapists for most of his two-decade career. This has given him a unique approach to patient care that takes all aspects of a person's health and musculoskeletal system into consideration. He will not only consider a patient's spinal (and/or extremity) misalignment/malfunction, but the soft tissue (muscle, tendon, fascia, ligament) component as well. Addressing the soft tissue is often the difference in a patient's total recovery, accelerating healing and returning to normal function completely.

Board-certified in chiropractic, psychotherapeutics, and the Graston Technique, Dr. Rief is also proficient in Kinesio taping, Cox Flexion-Distractive, Spinal Decompression, Sacral Occipital Technique (S.O.T.), Chiropractic Biophysics (C.B.P.), Thompson Drop Technique, and Extremity Adjusting.

Chiropractic is a form of alternative medicine that mainly deals with the detection and correction of spinal subluxations. A chiropractor uses specific scientific spinal adjustments 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. Rief is bilingual in English and Spanish.

Learn More about Dr. Darren Rief:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3154114-Darren-Rief-Chiropractor> or through his website, <https://www.darrenriefdc.com/meetthedr>

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 : Darren Rief, DC

[See on IssueWire](#)