

Olivia Augustino, DC, a Chiropractor with Move Well Chiropractic & Rehab

Get to know Chiropractor Dr. Olivia Augustino, who serves patients in Casselberry, Florida.



New York City, New York Feb 29, 2024 ([IssueWire.com](https://www.issuewire.com)) - Dr. Augustino is the Owner of Move Well Chiropractic & Rehab, providing chiropractic care, soft tissue therapy and rehabilitation to the Casselberry, Florida area.

Unlike some chiropractic offices that solely focus on the spine, Dr. Augustino focuses on the entire musculoskeletal system. She has a profound affinity for integrating soft tissue work alongside adjustments, taking a hands-on approach to health and wellness.

Originally from Kingston, New York, Dr. Augustino received her Bachelor's Degree in Exercise Science from Hofstra University. While she has participated in sports her entire life, it was post-graduation when her passion for exercise flourished, prompting her to become a competitive powerlifter and even compete at the national level.

Her journey into chiropractic care was sparked during her powerlifting endeavors, recognizing its transformative impact on her body and performance. This firsthand experience fueled Dr. Augustino's passion for chiropractic, leading her to graduate with honors from Palmer College of Chiropractic in Port Orange, Florida, in 2021. During her tenure at Palmer, she acquired proficiency in a diverse array of techniques including Diversified, Thompson Drop, and Gonstead. Furthermore, she took extra courses in instrumented soft tissue technique (IASTTM), flexion-distraction and spinal rehabilitation.

With a rich background as a personal trainer, powerlifting coach, and kickboxing instructor, Dr. Augustino is adept at tailoring realistic exercise regimens to individual needs and fitness levels.

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 her spare time, Dr. Augustino loves to work out, craft, go to Disney, and spend time with her husband, Nick, and their fur babies (Sasha, Castor, Stark, and Terra).

Learn More about Dr. Olivia Augustino:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/84084065-Olivia-Augustino-Chiropractor> or through Move Well Chiropractic & Rehab, <https://movewellchirofl.com/meet-the-doctor/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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