

Thomas C. Ball, MS, DC: A Lifelong Journey from Patient to Chiropractor

Combining Personal Experience and Professional Expertise to Enhance Patient Care



New York City, New York Sep 5, 2024 ([IssueWire.com](https://www.issuewire.com)) - A dedicated chiropractor, Dr. Ball is in practice at Performance Health Center in Natick, Massachusetts. He brings over 20 years of experience in the health and fitness industry, having managed multiple corporate wellness centers, worked as an orthotist, and served as a physical director at the Westchester YMCA in Los Angeles. His extensive qualifications include being a certified personal trainer, a USAT Triathlon Coach, a USAC Cycling Coach, and a Certified Strength and Conditioning Specialist with the NSCA.

Growing up in upstate New York as the son of a physician, he was always health-conscious and actively engaged in sports. His journey took a pivotal turn at age 10 when he fractured his lowest lumbar vertebrae while playing pond hockey. Following the advice of his father, he turned to physical therapy and chiropractic care to manage his recovery. Years later, as an adult and a patient of Dr. Bradley Weiss, he experienced firsthand the profound impact that skilled chiropractic care can have on a person's life. Inspired by Dr. Weiss's exemplary care, he made the life-changing decision to become a chiropractor himself.

In regards to his educational background, Dr. Ball holds a B.S. in Health Fitness and an M.S. in Exercise Physiology from Springfield College, where his master's thesis on sports nutrition was published in prestigious journals. Graduating with honors from Sherman College of Chiropractic, Dr. Ball is also certified in Active Release Techniques®.

As an athlete himself, he has over 30 years of experience in endurance events such as triathlons, cycling, Nordic skiing, and cyclocross, achieving notable rankings in New England and South Carolina. His personal journey fuels his commitment to helping patients minimize pain and maximize overall health through chiropractic expertise and exercise physiology knowledge.

Learn More about Dr. Thomas C. Ball:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3597594-Thomas-Ball-Chiropractor> or through Performance Health Center, <https://performancehealthcenter.com/dr-thomas-ball/>

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