

Liznel Lugo Hernandez, DC: Transforming Chiropractic Care with Compassion and Expertise for Families with Special Needs

Dedicated Chiropractor Combines Personal Journey and Professional Skills to Support Patients of All Ages



New York City, New York May 9, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Liznel Lugo, a compassionate chiropractor with a holistic approach to healthcare, is proud to announce the opening of her chiropractic

practice focused on serving families, particularly those with special needs. Dr. Lugo's unique blend of personal experience and professional training allows her to provide exceptional care tailored to the individual needs of her patients.

With a Bachelor of Science in Athletic Training from the University of Puerto Rico and a Doctor of Chiropractic degree from Palmer College of Chiropractic, Dr. Lugo has a solid educational foundation in both fitness and chiropractic care. During her time at Palmer, she was honored with the Virgil V. Strange Philosophy Award, a testament to her deep commitment to the principles of chiropractic care.

Before embarking on her chiropractic career, Dr. Lugo was a certified personal trainer with the Athletics and Fitness Association of America (AFAA). This background has equipped her with a thorough understanding of biomechanics and functional movement, allowing her to integrate these concepts into her chiropractic practice effectively.

As a mother of two sons diagnosed with autism, Dr. Lugo has a heartfelt mission to advocate for families with special needs. Her personal experiences have driven her to take ABA parenting courses and become a knowledgeable resource for other parents navigating similar challenges. This unique perspective profoundly influences her approach to patient care, ensuring that every family feels understood and supported.

Dr. Lugo specializes in the Grostic Upper Cervical Procedure, a gentle technique aimed at addressing upper cervical spine issues. She is currently expanding her expertise by pursuing certifications in the McKenzie Method for spinal and extremity care, as well as the Webster Technique through the International Chiropractic Pediatric Association (ICPA). These advanced techniques are designed to support pregnant women, promoting healthier pregnancies and births.

Learn More about Dr. Liznel Lugo Hernandez:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023530-Liznel-Lugo-Chiropractor> or through Howell Branch Chiropractic, <https://www.howellbranchchiropractic.com/about>

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Source : Dr. Liznel Lugo

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