

Dr. Annemarie Stupi Brings Holistic Chiropractic Care to New York City

Experienced chiropractor offers personalized treatments for pain relief, injury recovery, and wellness



New York City, New York Jul 4, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Annemarie Stupi, DC, is the owner of Symmetry Health Chiropractic in Midtown Manhattan, a boutique chiropractic clinic located on Park

Avenue. With a decade of experience in delivering patient-centered chiropractic care, Dr. Stupi uses an integrated approach that focuses not only on alleviating pain but also enhancing overall mobility, function, and long-term wellness through customized treatment plans tailored to each individual's unique needs.

Dr. Stupi earned her Doctor of Chiropractic degree with honors from Life University in 2015, after completing her undergraduate studies at The Ohio State University. After working for over six years in Singapore, Dr. Stupi determined that a comprehensive, whole-body approach to care was most effective in creating long-term solutions for patients. Throughout her career, she has worked with patients of all ages and backgrounds, helping those recovering from sports injuries, postural issues, prenatal care, managing chronic pain, and those seeking preventative care to maintain their health and vitality. Her comprehensive knowledge of musculoskeletal health and functional rehabilitation allows her to address a wide range of conditions with precision and empathy.

At Symmetry Health Chiropractic, Dr. Stupi offers an array of services including chiropractic adjustments, prenatal care, soft tissue therapy, corrective exercises, and injury prevention strategies. She emphasizes a holistic treatment philosophy that incorporates patient education, lifestyle modification, and rehabilitation exercises to empower patients to actively participate in their healing and wellness journey. Her dedication to fostering a supportive and collaborative environment ensures that each patient receives care that respects their goals and lifestyle.

Beyond her clinical work, Dr. Stupi is passionate about wellness and participates in health workshops and seminars promoting spinal health, prenatal care, injury prevention, and more. She also stays engaged with the latest advancements in chiropractic care and rehabilitation through continuing education, ensuring her patients benefit from evidence-based and cutting-edge treatment techniques.

Looking ahead, Dr. Stupi plans to expand her involvement in community outreach and develop specialized programs targeting pregnant patients, office workers, and athletes, who are prone to musculoskeletal stress. Dr. Stupi is committed to comprehensive, compassionate care, and it is her mission to provide accessible, effective, and personalized chiropractic services to the New York City community.

Learn More about Dr. Annemarie Stupi:

Through her FindaTopDoc profile,
<https://www.findatopdoc.com/doctor/84116490-Annemarie-Stupi-Chiropractor>, or through
symmetryhealthnyc.com

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