

# **America's Best in Medicine: Zachary Petruso, DC: Upper Cervical Chiropractor, Atlas-Focused Care in St. Louis, Missouri**

Limitless Chiropractic Founder Brings Nervous System–Centered, Non-Pharmaceutical Approach to Restoring Health and Function



**St. Louis, Missouri Jun 19, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Dr. Zachary Petruso, DC, is a chiropractor specializing in upper cervical care with a focused expertise in atlas adjustments and their relationship to nervous system regulation and vagus nerve function. Based in St. Louis, Missouri, Dr. Petruso is recognized for his patient-centered, conservative approach to care that emphasizes restoring the body's natural ability to heal without reliance on pharmaceutical interventions.

Born and raised in St. Louis, Dr. Petruso began his healthcare career as an ISSA-certified personal trainer, an experience that continues to influence his clinical philosophy today. His background in fitness and performance training shaped his understanding of the critical relationship between movement, structural alignment, and overall wellness. This foundation informs his chiropractic approach, which integrates biomechanics, nervous system function, and long-term health optimization.

Dr. Petruso completed an accelerated 3 Plus 3 program at Logan University, earning both his Bachelor of Life Science and Doctor of Chiropractic degrees in just five years. He graduated magna cum laude from the Doctor of Chiropractic program, reflecting his academic excellence and commitment to clinical mastery.

Following graduation, he trained under his mentor, Dr. Alex Guebert, at Limitless Chiropractic in Redbud, Illinois, where he refined his expertise in upper cervical chiropractic care. In January 2026, Dr. Petruso opened his own practice in St. Louis, establishing the first Missouri location of Limitless Chiropractic. Through this practice, he continues to expand access to atlas-focused chiropractic care, emphasizing root-cause resolution rather than symptom management.

Dr. Petruso is an active member of the American Chiropractic Association and previously served as vice president of the Pi Kappa Chi chiropractic fraternity. His professional affiliations reflect his ongoing commitment to leadership, education, and the advancement of chiropractic standards within the field.

"I love helping people, and what I enjoy most is being able to help people heal from within without relying on traditional medications," Dr. Petruso said. "I focus on identifying and correcting the root cause of problems rather than just treating symptoms. Most atlas issues actually occur during childbirth and often go undetected until skeletal maturity, when people begin experiencing unexplained symptoms."

He added, "When people come to my office, they've usually tried everything else and nothing has worked. With things like headaches and migraines, I can often help quickly, and patients are surprised by the results. I always tell them I didn't 'fix' them—their body did the healing once everything was aligned correctly."

Beyond his clinical practice, Dr. Petruso is committed to education and research within the chiropractic field. He has presented on topics including women's health, pregnancy, menopause, and athletic injuries, and has contributed to studies evaluating patient outcomes and adjustment effectiveness. His work reflects a broader mission to advance understanding of upper cervical care and its impact on overall health.

Outside of his professional life, Dr. Petruso enjoys spending time with his wife, two daughters, and four cats. He brings the same dedication, focus, and care to family life that he applies in his practice, maintaining a balanced approach to both personal and professional fulfillment.

Through his innovative approach to upper cervical chiropractic care, Dr. Zachary Petruso continues to support patients in achieving improved health, function, and quality of life by addressing the body's foundational systems and restoring balance from within.

### **Learn more about Dr. Zachary Petruso:**

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Zachary-Petruso> or through his profile on Limitless Chiropractic, <https://limitlesschiro.com/locations/affton/>

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