

Stephen P. Kramer, DC, a Chiropractor with Pathways Chiropractic Health Center

Get to know Chiropractor Dr. Stephen P. Kramer, who serves patients in Prior Lake, Minnesota.



New York City, May 6, 2020 (IssueWire.com) - Dr. Kramer, an experienced chiropractor, is the owner and operator of Pathways Chiropractic Health Center in Prior Lake, Minnesota. With over three decades of experience, he has treated thousands of patients ranging from newborns to seniors, including those involved in sports injuries, auto and work-related accidents, as well as patients with repetitive and postural conditions.

Growing up with 7 siblings in a small town in rural southwestern Minnesota gave him many blessings, including being able to communicate with people of all ages. After earning his high school diploma from Wabasso High School and his Bachelor of Science degree in Natural Science from St. John's University in Collegeville, he went on to obtain his Doctor of Chiropractic degree with Acupuncture Certification from the Northwestern Health Sciences University - College of Chiropractic in Bloomington, Minnesota in 1988.

Starting out in his career that very same year, Dr. Kramer opened Kramer Chiropractic Health Center in Edina, Minnesota. With a growing family throughout the years, his desire to be closer to home became a priority. In August of 2000, he sold the Edina Clinic and purchased Wilma E. Behm's Clinic of 30 years. In 2003, the transition was made to Prior Lake, and Pathways Chiropractic Health Center was born.

"We assess the patient as a whole. We want to address the main concern, but also lead you into a lifestyle of being pain-free. We do all of this by offering an evidence-based approach to chiropractic care by utilizing chiropractic manipulation, soft-tissue techniques, therapeutic rehabilitation, and a variety of chiropractic services to help achieve your health goals." as stated on their website.

Continually working towards helping each patient resume the active lifestyle they desire, Dr. Kramer has built an excellent network of professionals, including neurologists and orthopedists, to consult with when the need arises.

Certified in acupuncture and rehabilitation, he remains associated with several professional organizations, including the Minnesota Chiropractic Association, the Northwestern Health Sciences Alumni Association, and the Rotary Club of Prior Lake. He is also a member of Cursillo.

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 and back pain. 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 without the use of medication or surgery.

On a more personal note, Dr. Kramer enjoys public speaking on health & motivation topics, going on family vacations, participating in golf tournaments and golf league at Brackett's Crossing Country Club (of which he is a member), running, mountain biking, weightlifting & P90X, hiking, camping, doing home remodeling projects, being involved in Prior Lake Players, as well as singing and cantering with his family at St. Michael's Catholic Church, where he is a member of the parish.

Joyfully married to Marla, he and his wife have five wonderful children: Emily, Marianna, Jack, Julia, and

Jenny.

Learn More about Dr. Stephen P. Kramer:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1383393-Stephen-Kramer-Chiropractor> or through Pathways Chiropractic Health Center, <https://www.pathwaysofpriorlake.com/our-team/>

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