

## Dr. Stephanie Morales, DC, a Chiropractor with AMC Chiropractic

Get to know Chiropractor Dr. Stephanie Morales, who serves patients in San Jose, California.



**New York, New York City, Jun 16, 2021 ([IssueWire.com](https://www.IssueWire.com))** - Dr. Morales, a skillful chiropractor, is the Owner & Operator of AMC Chiropractic in San Jose, California. She helps athletes of all ages and all walks of life by analyzing posture in daily activities and range of motion to triangulate the root cause of the presented issue.

As the name states, the game plan of AMC Chiropractic is to *Adjust (A)* the patient by offering life-changing tools and to encourage them to *Mobilize (M)* healthier habits and behaviors in their daily life. Creating an environment of healing inherently allows for physical repair and that repair will then allow the patient to *Cultivate (C)* the life they want and thrive.

A 2020 graduate of Palmer College of Chiropractic West Campus, Dr. Morales is certified through the National Board of Chiropractic Examiners. She was honored with the Fellowship Award, which is voted on and awarded to her by her peers.

Attributing her success to God, she says that He has guided her through the trials of Chiropractic college and life in general. It is only because of His grace that she is able to deliver the best patient-centered care. She continues to lean on Him as she runs her race.

As someone born and raised in the area, Dr. Morales knows the culture, the vibe, and she understands how to avoid pitfalls when healthy choices aren't exactly easy. She partners with her patients to help them recover from both sub-acute and chronic injuries with the correct treatment strategy.

Chiropractic care is a form of alternative medicine that mainly deals with the treatment of mechanical disorders of the spine and musculoskeletal system. Dr. Morales uses spinal adjustments, tissue manipulation, and exercises to manage patients' health concerns; which include neck pain, back pain, headaches, trigger finger, and other conditions. The aim is to improve patients' quality of life through increased range of motion of the spine, enabling the body to heal itself naturally without the use of medication or surgery.

Dr. Morales likes to volunteer for her community. She's been involved with Second Harvest food bank working as a food sorter and more recently with the PARTI Program as a model in a fashion show fundraiser, 9/2020.

On a more personal note, Dr. Morales has a passion for baseball and softball. She has learned many life lessons through playing softball and has used sports, in general, to convey important concepts to her patients about their health. She also enjoys karaoke, hiking, and anything involving food.

Her favorite professional publication is *Crucial Conversations* written by Kerry Patterson, Joseph Grenny, and Ron McMillan in 2011. She says that it's been helpful in both the professional and personal realms and she highly recommends that everyone give it a read.

Go, Giants!

### **Learn More about Dr. Stephanie Morales:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82739248-Stephanie-Morales-Chiropractor> or through AMC Chiropractic, [https://amcchiropractic.business.site/?utm\\_source=gmb&utm\\_medium=referral](https://amcchiropractic.business.site/?utm_source=gmb&utm_medium=referral)

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