

## Alexander Ezra, DC, a Chiropractor with STRIVE Total Wellness

Get to know Chiropractor Dr. Alexander Ezra, who serves patients in New York, New York.



**New York City, New York Jul 28, 2022 ([Issuewire.com](https://www.issuewire.com))** - An established chiropractor, Dr. Ezra is in practice at STRIVE Total Wellness. He works within a multidisciplinary sports medicine setting that includes orthopedics, physical medicine, physical therapy, acupuncture, and massage therapy. He

specializes in treating spinal and musculoskeletal injuries through a variety of evidence-based techniques such as spinal manipulation, Active Release Technique, Graston, and non-surgical spinal decompression.

STRIVE Total Wellness is a premiere, full-service wellness center located in the heart of New York City. They offer an array of services designed to optimize patients' health and overall well-being. By combining physical therapy, massage therapy, chiropractic care, acupuncture, yoga, pilates, personal training, and nutritional support, their team of doctors and licensed therapists implement and execute a customized treatment plan designed specifically for patients.

Educated in the United States, Dr. Ezra attended the University of Vermont where he earned his Bachelor's degree. He then went on to graduate cum laude with his Doctor of Chiropractic degree from Life University in 2015.

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, back pain, headaches, vertigo, and a long list of other ailments and conditions. 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 naturally, without the use of medication or surgery.

#### **Learn More about Dr. Alexander Ezra:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2572207-Alexander-Ezra-Chiropractor>

#### **About FindaTopDoc.com**

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

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