

Dr. Cheryl's Chiropractic Story

My interest in pursuing a chiropractic career began my junior year of college after suffering a horseback riding injury. I was thrown off the horse and broke a bone (a compression fracture) in my lower back. A few months after this injury it was difficult to walk and stand up straight. Enjoying my regular physical activities was impossible! A friend advised me to see a chiropractor. So I did, and after a few weeks of treatment, I was pain free and even able to jog again! (Still to this day I have to get adjusted on a regular basis or my back will “go out.”) As a result, I was inspired to take a new career path. I attended Binghamton University of New York and graduated with a Bachelor’s Degree in Science and I then attended Chiropractic School in Los Angeles, California. Upon graduation, I was practicing in my native New York and then decided that I wanted a change of pace and moved to Northern Virginia.

Dr. Cheryl's Offices in Arlington

In 1993 I started my practice in the Ballston area. Our longtime residents may remember there was a two-story building medical building next to the IHOP. It was there that I rented a small 200-300 square foot room, and it didn’t take long to outgrow that space! I then moved to the Virginia Square area across from the Giant Foods on Washington Blvd. Wouldn’t you know it, 2-3 years later they put a fish market in the building. For the sake of my patients’ olfactory sensibilities (and mine!) I moved yet again. This time to Court House into a small mid-rise building. As the landscape of Arlington constantly shifted and evolved, it only took a few years before they knocked down that building and built a high rise. Coming full circle, I came back to the Ballston area. Fortunately, I have been able to stay at my current location for approximately 20 years!

Dr. Cheryl’s 25 Year Anniversary gifts

It’s an impossible feat to be able to show my gratitude to all my patients from over the years. Nevertheless, as a small way of showing my appreciation, each month during my “Silver Year” we will have a raffle with a cash prize of \$100. We would love for all of our patients to participate! The only disclaimer is that to enter, you will have to sign a waiver, as we would like to put your picture in our office as part of our celebration!

I love Arlington, and am very grateful to this community for allowing me to work for its residents all these years. So, each month we will be sponsoring a local charity and hope that you will take some time to learn about these resources that we have in our own backyard. If your heart leads you, please support one or more of them and/or share their missions with others.

Again, thank you so much for the privilege of serving all of you in the Arlington and surrounding areas for 25 years. Good health is a gift and it's my sincere prayer that you stay in good health for the rest of your days.

Cheers,

Dr. Cheryl