

Marlboro chiropractor aims to get you moving again

MARLBORO - Growing up on Long Island, Frank Mandarinone planned to be an ophthalmologist, but a wintertime accident turned his thinking around.

"I injured myself shoveling snow as a teenager and my dad took me to a chiropractor," recalled the now 52-year-old Monmouth County resident. "She adjusted me and I immediately felt great and found myself enthralled by the amazing results she was able to achieve so quickly."



Driven by a new set of professional aspirations, Mandarinone attended a pre-chiropractic program at [Nassau Community College](#), where he became president of the school's Pre-Chiropractic Society and enjoyed the opportunity to invite established chiropractors in to lecture on the

process of helping patients and building practices. Following graduation, he secured a scholarship to [Palmer College of Chiropractic](#) in Iowa and further enhanced his skills by enrolling in an additional and rigorous three-year chiropractic program specializing in sports training.

"Towards the end of chiropractic school," he said, "I began working in a chiropractor's office on Staten Island and I was so motivated that I couldn't wait to get out on my own."

Practice makes perfect

Mandarino made that dream a reality by opening his own practice, Mandarin Chiropractic, out of a room in his family's Staten Island home in 1991. With discipline and hard work, he built his practice to the point where he was able to move into commercial space on Staten Island in 1992 and continued expanding over the years, opening a second location in Brooklyn in 1998 and a third in The Bronx in 2007.

Crossing the border and establishing the first location of [Mandarino Chiropractic](#) in New Jersey in 2013 "was like starting a brand new practice and I knew I could make it successful," Mandarino said. He did just that, ultimately moving from a smaller space in Englishtown to the cutting-edge, 6,000-square-foot facility that he built in the Morganville section of Marlboro and officially opened in October 2015.

There, "we specialize in deep-tissue laser therapy as well as soft-tissue modalities like the Graston Technique and Active Release Techniques (ART), which help address and relax the tissue surrounding injured muscles or tendons," Mandarino said. "We've also invested in a Power-Plate vibration unit (a high-speed tool used in NFL training rooms) as well as a spinal traction unit, a mechanical flexion-extension unit, and a

hyperbaric oxygen chamber."

In addition, "we offer a 2,000-square-foot state-of-the-art gym in order to help patients attain proper movement, strength and functionality," Mandarino said.

Along with his total team of 30 doctors and staffers (11 of them in Marlboro), Mandarino sees a diverse group of patients of all ages requiring support for neck, back, shoulder and knee issues or for post-surgical rehabilitation.

"We begin by conducting an in-depth evaluation of each patient and then create a personalized treatment plan for them," Mandarino said. "Our immediate goal is to get them out of acute pain, and many patients then elect to continue on with us for regular 'maintenance.'"

That was the election made by Manalapan resident Tommy Pearce, a former sanitation worker and current employee of Manalapan's Department of Public Works. A lifelong athlete who regularly played football and softball, lifted weights, and worked out in the gym four times a week, the 52-year-old first began seeing Mandarino two years ago when pain and soreness in his shoulders and neck became extreme and overwhelming.

"Dr. Mandarino is very progressive and in a short amount of time I was feeling great and was back in the gym with a significantly improved range of motion," said Pearce, who continues to see Mandarino's team for weekly maintenance treatments. "His facility is second-to-none, he and his staff members are extremely knowledgeable, and he also successfully treated my teenage son, who plays high school football, and continues to treat my wife, who has severe back and neck

complications. Dr. Mandarino puts so much thought and care into the healing process and we're all so grateful to him for putting us back in action," he said.

Restoring quality of life

Mandarino said the pace and practices of modern society have created greater needs for chiropractic care.

"The growth of technology has in some ways been a hindrance to our health in the sense that people are increasingly sitting, hunched over in front of devices with their necks constantly flexed and their posture impaired," he said. At the same time, he noted that people are more informed than ever before about their conditions and the latest treatments offered by chiropractors.

"The public seeks out doctors who are well-credentialed and who take a more holistic approach and specialize in soft tissue techniques, movement and rehabilitation, not just spinal manipulation," he said. "At Mandarino Chiropractic, we show patients targeted exercises, get them in the gym and take a very comprehensive approach to their wellness."

Though increasing insurance requirements and associated paperwork can be tedious "and rising deductibles can often scare patients away from getting the care they need," Mandarino is as excited about his chosen field as he was when he first started out nearly 30 years ago.

"When you're passionate about what you do, it's not like work at all," said Mandarino, who regularly shuttles between all four of his offices but currently spends most of his time in the Marlboro location. "I'm always investigating new techniques and modalities and attending a lot

of industry events and trade shows in order to stay ahead of the curve for our patients."

For Mandarino, healing others is both the goal and reward. Helping tens of thousands of patients throughout New York and New Jersey over the past quarter-century, "it's so gratifying and inspiring to help patients suffering with different conditions and get results," he said. "I give it my all and get them back to 100 percent or very close to it, restoring their quality of life."

MANDARINO CHIROPRACTIC

Location: 436 Route 79 N., Suite 21, Marlboro

Phone: [732-617-8000](tel:732-617-8000)

Opened: 2013 in New Jersey

Owner: Frank Mandarino, D.C.

Website: www.mandarinochiropractic.com