

WHO IS NYCC?

SHAWN WILLIAMS, DC ('04)

Dr. Shawn Williams ('04) earned his Bachelor of Science in Biology from City University of New York and, following graduation, taught high school chemistry. During his brief teaching career, he experienced a close encounter with chiropractic care and was fascinated by its unique culture and innovative therapy techniques. Following treatment for debilitating knee pain, he was able to return to running; and now, as a sub-elite marathon runner, he participates in numerous runs and races. His positive experience made him determined to make chiropractic his new career path.



Williams chose NYCC for its excellent reputation for health and wellness and for its location in the beautiful town of Seneca Falls, New York, located in the Finger Lakes region. "NYCC provided a fantastic education," he said. After graduating from NYCC, Williams

worked as an associate chiropractor for multiple chiropractic clinics, where he gained valuable business skills necessary for starting and growing his own practice. Currently, he is an owner/partner of Montclair Performance Health & Chiropractic, LLC, in Montclair, New Jersey, where he works with athletes from across the spectrum at various levels of competition as well as some "weekend warriors." He primarily focuses on performance enhancement, injury prevention, and patient education, and prefers to treat with manual therapy, instrument-assisted soft-tissue mobilization, vibration technique, flexion-distraction, and motion-palpation. His primary goal is to reduce inflammation by influencing lifestyle changes.

Williams is all about balance, filling his personal scale with a very successful sports chiropractic practice, an extremely supportive family, and running competitively. Having completed his PhD in Health Science at Seton Hall University in 2013, he also works as an assistant professor and program coordinator of Health Science at York College – CUNY's school of Health and Behavioral Science – and as an adjunct instructor at William & Paterson University's Department of Kinesiology.