Owner of one of the most respected clinics in New York City, Dr. Wayne Winnick brings state-of-the-art chiropractic care, sports injury rehabilitation, and other manual therapies to sports teams, like the New York Mets, as well as countless individual clients seeking help with pain or disfunction.

A VARIED EDUCATION

A native of New Jersey, Winnick attended Boston University before undertaking his graduate career at NYCC. With an emphasis on continuing education, he also completed postgraduate work in sports medicine and back pain at Harvard University. In China, Winnick studied Eastern methods for relieving orthopedic conditions. He believes in the practice of both ancient and modern healthcare methods to provide the best experience for his patients.

KNEE AND HIP PAIN RELIEF

Recently, working with orthopedic surgeons, Winnick developed a protocol for the treatment of pre- and post-surgical knee and hip pain. Many orthopedic surgeons in New York City send their patients to his office for post-op care from surgeries such as ACL reconstruction and meniscal repairs, as well as labral and impingement repairs.

A PUBLIC CAREER

As a public figure in the Tri-State region, Winnick appears frequently as a health expert on TV shows and in newspaper and magazine articles. New York magazine profiled him in the article, “The New Healers,” stating “Chiropractor Wayne Winnick is one whose healing abilities have reached legendary levels,” and discussing what Winnick calls holistic orthopedics—treating the body accurately without drugs or surgery. His clients, according to the article, include actor Ron Perelman, photographer Bruce Weber and entertainment lawyer John Eastman.

FOCUS ON ATHLETICS

One particular area of expertise for Winnick is sports medicine, whether for professional athletes or weekend warriors. He is on call for the New York Marathon, several professional baseball and football teams and Ballet Academie East. Winnick is board-certified in sports medicine, and he and his team provide treatment of injuries (ranging from yoga and pilates strains to tennis elbow) with spinal manipulation, soft tissue treatment and spinal decompression among the techniques he employs.

NYCC VALUE

The value of an NYCC education is clear for Winnick: several of the doctors on his team, including Leon Aibinder, D.C. and Rachel Skolnick, D.C., are also graduates of the College. The science-based, evidence-informed foundation of an NYCC education, coupled with a life-long interest and education in holistic health practices, is clearly at the heart of his practice and his professional life.