

The Gregory Chiropractic family - 183 years of caring for patients

The Gregory Chiropractic Family is quite a story. Dr Dad (Bob) founded this family dynasty in 1954 after graduating as valedictorian from the NY College of Chiropractic.

He, five of his children, and one son-in-law are all Doctors of Chiropractic. Two other Gregorys are on the staff, daughter Joan and niece Mary.

The doctors utilize almost all known chiropractic techniques. Dr. Dad has had the good fortune of learning firsthand from many of the founders of these methods of care, and even used acupuncture before President Nixon wen to China and popularized this treatment.

Dr. Diane (Gregory) Hennessy has a Masters Degree in Nutrition and extensive study towards a diplomate in Chiropractic Orthopedics. She handles most of the one-on-one diet and lifestyle consultations and recommendations of nutritional support.

Dr. Richard enjoys taking considerable time in educating patients as to the reason for the tests that are performed and the effectiveness of chiropractic. Very young patients love that he teaches them in ways that are easily understandable. The octogenarians love him too!

Dr. James has an arsenal of exercises for athletes to get them back into competition surprisingly fast. He also utilizes many ideas specifically to help senior citizen patients.

Two other members of the family have flown the coop after practicing with their dad for several years.

Dr. Marie (Gregory) Cantu practices in Monroe and helps many infants and children.

Dr. Robert practices in New City and has a referral only practice.

Dr. Edward Hennessy, Dr. Diane's spouse, teaches at Dominican College and also has a Masters Degree in Nutrition.

New patients to Gregory Chiropractic are usually seen twice a week for one to six weeks. A re-evaluation is then made with the



Gregory pearls:

- While at the kitchen sink, rest one foot on the open door ledge. This is similar to a tavern bar rail. You can stand longer without back pain.
- When you get up from a couch, do not push off with open hands, use your fists instead. This will reduce your danger of carpal tunnel problems.
- When infants are sick they will often appear to have one leg much shorter than the other, while lying supine. Often, when the spiking of the crisis has been reached, the difference becomes less.

expectation of reducing care to a much lower frequency.

The Gregorys have four tables used for spinal decompression and a spinal decompression advice that is used in a swimming pool.

X-rays are rarely utilized “in house”. When necessary, patients are sent to the many excellent local labs for MRI, CAT scans, blood and urine analysis.

By reducing irritation to the spinal cord and nerves, many conditions that have gone on for years can be relieved. Fatigue, joint-swelling, pain, limited mobility, headache and insomnia are just a few of the symptoms that are often helped by the Gregory approach.

The doctors are concerned about what you eat, what you should NOT eat – and what you do not eat that you should eat.

Besides diet their concerns extend into patient's daily lifestyle concerning working posture, sleep position and stress factors.

One of the most impressive pieces of equipment the Gregorys have come about because Dr. Dad was searching for a way to have patients get the benefits of exercise without the worry about injury to feet, an-

Continued on next page



Above: Dr. Diane Hennessy and Dr. Dad demonstrate the remarkable ROM exercise machine. Below: Family and staff outside the Gregory building in Nanuet - from left, Dr. Dad, Joan O'Sullivan, Eileen Behrends, Dr. Diane Hennessy, Dr. Marie Cantu, Mary See-wald, Gayle Georgetti, Dr. Richard and Dr. James

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Continued from previous page

ankles, knees and spine from impact exercises like walking and running.

Also he wanted a way to give patients cardio-, resistance, and flexibility training without spending hours each week.

The ROM (range of motion) machine, that won an exercise invention award from Popular Science magazine, appears to be the answer to his quest.

The ROM is known nationally as the four-minute quick gym exercise machine. It engages almost all the muscles of the body and engages them through high ranges of motion.

The results are a drop in the percentage of body fat, muscles being strengthened and lung capacity being increased.

Patients who want to enter the Gregory ROM program start with weight, blood pressure and waist measurements.

An in-office computerized body fat percentage analysis is also offered.

Bone-mass evaluations from the patients' physicians are welcomed.

Patients choose their own times to use the ROM. The ideal use is a four-minute upper body and a four-minute lower body workout three times a week.

The results are impressive.

Don Reilly, a 48-year-old man, was the Gregorys' first ROM patient. He is a tri-athlete, marathon runner, Tai Chi master and yoga and Tai Chi instructor.

He says: "I am amazed at the total body workout that I get without any pain or aching when I finish.

"The recovery is extremely rapid. I especially like the lower body workout because it also works on the abdomen, buttocks and muscles far beyond just the legs. It is great for strengthening the knees.

Nanuet senior citizens Vincent and Mary Frohling say the machine has given them posture, energy and strength improvements in a very short time.

The Gregorys' motto is: "Let our family treat your family like family."

Their office is centrally located at NY Thruway exit 14 opposite the new Hilton Garden and Hampton Inns.

Hours are 7.30 am to 7.30 pm every weekday and eight to noon on Saturday. The Gregorys are in almost every insurance plan. Their telephone number is (845) 623 3939.

Dr. Dad is semi-retired. He is a Eucharistic Minister at Good Samaritan and Nyack Hospital and St. Anthony Church. He is past president of Nanuet Rotary Club and a past Grand Knight in the Knights of Columbus.

He and his wife Lucille started the Charismatic movement in Rockland County and Marriage Encounter in Venezuela and New Jersey.

Bob has designed "See Christ Products", including the auto magnets that you see at Christmas and Easter. Sales benefit local charities.

For the past four years, Dr. Dad has been offering free golf clinics to charity and church organizations.

Within a few minutes he is usually able to increase ranges of motion and muscle strength. He then centers the body to be more "on target".

Beneficiaries of his clinic have included many local charities and churches.

Charity organizations can call Dr. Bob at home (845) 215-5715.