

Achieve Chiropractic
Sentara Center for Health and Fitness
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Learn how chiropractic can help you achieve your goals through musculoskeletal conditioning.

Dr. Eric Mierzejewski

Graduated 2003, Summa Cum Laude from Sherman College of Chiropractic Spartanburg, SC
Recreational runner and kayaker.

I opened Achieve Chiropractic in the Sentara Center for Health and Fitness to focus on individuals with active lifestyles. Working with athletes for many years, including summer leagues, high school and collegiate level track teams (Hampton and George Mason Universities), I've traveled to many championships, including the Junior Olympics, CAA championships, MEAC championships and the Penn Relays with outstanding results. My patients have included the number one ranked 4X400m and 4X100m relay teams and the number one ranked 400 meter runner in the country. To date, every one of my high school track graduates have excelled and received a track scholarship.

With an interest in the skeletal structure as well as the muscular system, my style of chiropractic is to help you achieve your goals by aligning the spine and conditioning the muscular system to it. This approach is geared toward getting the most of the machine you use every day; the more a machine is stressed, the more maintenance may be required.

The aim of Achieve Chiropractic is an honest approach of trying to find and eliminate any deficiencies that may be hindering an athlete's potential. With state of the art tools and a non-twisting style of chiropractic different than the majority of chiropractors in the area, Achieve Chiropractic is an office dedicated to helping you ACHIEVE your goals.