

From Dr. Hendricks

My name is James A. Hendricks, D.C. and the name of my practice is Freeport Integrated Health Center, which is located in Freeport. I received my undergraduate degree in Sports Medicine from Springfield College in Springfield, MA. I did my chiropractic training at National College of Chiropractic in Lombard, IL. I have also received national certification in strength conditioning through the National Association of Strength and Conditioning which is one advantage that I have over other doctors. This enables me to design and implement fitness and rehabilitation programs and train my patients on proper exercise techniques. I believe that once the initial pain and the acute stage of injury have passed, you need to strengthen and rehabilitate the injured or weak area to insure that the problem does not reoccur.

Our Approach

The focus areas of my practice are chiropractic medicine and massage therapy, which includes the treatment of sports injury care, work or auto related injuries, rehabilitation, strength training and nutritional therapy. I emphasize a "total" approach to health care and focus on the entire body when I treat my patients. My practice goals are to treat my patients to the best of my ability and for them to achieve a better quality of life.

Here at the office we pride ourselves on our patient care. New patients are often seen on the same day as they call and the patient wait time is never more than 5-10 minutes. Your time is just as important as mine. We welcome the opportunity to help you with most any health condition please don't hesitate to call or e-mail with any questions. If we cannot provide you with the care that you need, we will refer you to some one who can.

Words to Remember

The human body is a living machine. Like any other machine it needs regular maintenance to insure that it is in good working order. The best analogy I can give is when the engine in your car is not running or that tooth is aching how long do you wait before taking care of the problem? The same should be true of your body, the worst words that I do not like to hear are the following: "I thought that it would just go away." I feel that through maintaining a "healthy" lifestyle and regular exercise can improve your quality of life. I have always believed that you should give 100% to everything you do in life. If you don't, the only person that you are cheating is yourself.