

Neck & Back Pain Relief Center

Dr. Daniel Ragozzine has been a Chiropractor since 2016 but he's had his eye on this profession since he was a sophomore in high school. It's good to have a mentor in life and Dan's mentor was Dr. Anthony Nardecchia. He worked for Dr. Nardecchia throughout high school and all that the chiropractic arts brought to patients.



Dr. Daniel Ragozzine

After high school, Daniel attended Castleton University in Vermont and then earned his Doctorate in Chiropractic at Palmer College of Chiropractic in Port Orange, Florida.

Following graduation, Daniel went home to Connecticut and began his practice under the tutelage of his old friend and mentor Dr. Nardecchia in West Haven. Here Dan began looking for a practice that he could buy. His search brought him to the Milldale section of Southington where Dr. Carol Grant was interested in selling her business to the right person. Dr. Ragozzine had noticed that most of the chiropractic businesses for sale were older doctors who had backed down their business, but Dr. Carol Grant had done the opposite. She had spent time building up her client base and Daniel was able to buy this vibrant business. Dr. Grant stayed on for a while and helped make this a smooth transition for Daniel.

Dr. Ragozzine changed the business name to Neck & Back Pain Relief Center and today the business located 1601 Meriden-Waterbury Turnpike operates with Dr. Ragozzine, one chiropractic assistant and four massage therapists.

"A chiropractor is a neuro-spine specialist," says Dr. Ragozzine. "Someone walks in, in pain; they walk out in less pain or no pain. Surgery should always be the very last option," he explains. "It's important to try conservative care first; before drugs and before surgery. Many conditions can be resolved completely." Dr. Ragozzine went on to assert that the opioid crisis has come from trying to cover up a problem, not fix it.

At Neck & Back Pain Relief Center, Dr. Ragozzine has equipment for spine decompression to assist with herniated or bulging discs. It is one of six in the state. This is used in tandem with massage therapy and stretching, and Dr. Ragozzine explains that this type of conservative care just makes sense.

"I have had broken bones, concussions, and back surgery," says Dr. Ragozzine. When patients comes to me in pain and numbness, I know how they feel."

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