



Meet Dr. John Zozzaro

Dr. John Zozzaro of Zozzaro Chiropractic and rehab has always been interested in pushing his practice to offer the latest techniques and equipment to provide the best patient outcomes with the least side effects. “When patients recover faster, with less intervention, they can get back to the things they enjoy, and not be burdened by long drawn-out treatment programs,” said Dr. Zozzaro. “Working with so many elite athletes over the years has pushed me to find ways to get patients out of pain quickly, and rehab them properly so they don’t keep coming back with the same injuries”, stated Dr. Zozzaro.

Dr. Zozzaro is originally from Jersey shore area. He started migrating West during his education. First getting his undergraduate degree from Penn State University, then heading further West to pursue his Doctor of Chiropractic degree in Davenport, Iowa. “Growing up, I had several neck and back injuries. Both my parents saw chiropractors and would take me immediately whenever I got hurt. I was so impressed with the results and the fact that I never needed drugs or surgery, that I decided to become a chiropractor. Every time I asked anyone what school I should look at, the answer was always Palmer Chiropractic College”, said Dr. Zozzaro.

During his time at Palmer, Dr. Zozzaro met Carrie, his wife of 27 years. “I always thought I would end up back East, but settling in the Midwest was a great decision,” commented Dr. Zozzaro. “Central Illinois has been a wonderful place to raise our four children,” added Dr. Zozzaro.

Dr. Zozzaro holds several advanced certifications and training in the treatment of disc injuries, sports injuries, whiplash disorders, soft tissue injuries, laser therapy, peripheral neuropathy, and maternity care and pediatrics. He has been working with youth sports, college athletes, and professional athletes for over 20 years. Dr. Zozzaro has had the opportunity to work as the team chiropractor for numerous sports teams, including Illinois Wesleyan, Heartland Community College, the Cornbelters, Bloomington Extreme, Bloomington Thunder, Bloomington Flex, Bloomington Dawgs, and several others over the years. “Working with so many local teams has helped me develop a large network of doctors and therapists in multiple fields, from orthopedics to athletic trainers to pediatrics. This has been extremely valuable

anytime I run into a difficult case. I always have someone I can contact to ask questions, run ideas by, and of course refer cases out when needed,” explained Dr. Zozzaro.

More recently, Dr. Zozzaro has developed a passion for helping people who suffer from peripheral neuropathy. “Having a family member with type one diabetes has made this condition very personal for me. This devastating condition affects millions of people and often leads to disability and amputations. New non-invasive, drug-free options have recently become available which can completely change people’s lives. I have invested a tremendous amount of time and resources to bring the latest conservative treatment for peripheral neuropathy to central Illinois. We have been getting phenomenal results. It’s such a blessing to see people regain their independence and the confidence to participate in activities they thought they had to give up,” stated Dr. Zozzaro.

When not running a busy practice, Dr. Zozzaro loves spending time with his family, boating on Lake Bloomington, playing the drums for worship teams, and exercising. Dr. Zozzaro was a competitive powerlifter in high school and college. “I think that’s where I developed my interest in helping athletes. I had a pretty serious lower back injury from lifting heavy in college. Back then I didn’t think much about form, it was all about how much weight you can lift. Now I realize how damaging poor form and technique can be in sports. I see patients all the time who are really suffering in their 40s and 50s from injuries they had in high school. I feel somewhat responsible for this generation of athletes. I’m always telling kids that they have an entire life to live after their high school or college careers are over. Setting a good foundation early not only in exercise, but also diet, spiritual and mental health are crucial to having a long, healthy, and productive life,” implored Dr. Zozzaro.

2024 will mark the 20th anniversary of Zozzaro Chiropractic and Rehab. “It’s hard to believe how quickly the past 20 years have gone. I can’t wait to see what the future holds for healthcare and specifically the chiropractic profession. Whatever comes, you can be sure my office will always be on the cutting edge of conservative treatment for sports and spinal care,” stated Dr. Zozzaro.

***Dr. Zozzaro with Zozzaro Chiropractic & Rehab is located at
1713 Fort Jesse Road, Suite D, Normal, Illinois 61761.
Call 309-862-2225 or visit bloomingtonnormalchiropractor.com.***