



DOVER FAMILY CHIROPRACTIC, P.A.

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I was born and raised in Dover and am a 2004 Dover High School graduate. I fell in love with the south while pursuing my B.S. in Integrative Biology at the University of Florida. I opted to stay in the south for graduate school, where I earned my doctorate of chiropractic degree magna cum laude from Life University in Atlanta, GA in 2012. Since I have been done with school, I have been able to reignite my passion for living an active life and love for being outdoors. I have always enjoyed doing a variety of sports, from swimming and horseback riding when I was younger to my newfound love for Zumba and high intensity workouts with my trainer. Frankly, I have always had a love hate relationship with running. It is a total body workout and a wonderful form of cardiovascular exercise. It has been a way for my family and I to honor my sister's memory. My sister, Kelly J. Fritchman, passed away four years ago after losing a lifelong battle with Cystic Fibrosis. Two weeks before her death, she was training for a triathlon, which she was never able to complete. It was her healthy and active lifestyle that enabled her to live 32 years with that disease.

My passion for living a healthy and active lifestyle translates into my professional life on a daily basis. Chiropractic care is unique in that it takes a vitalistic approach to health. Your nervous system is made up of your brain, spinal cord and all of the nerves that exit from the spine. These nerves go to all of your organs and muscles. In fact, your nervous system is the master control system in the body. If it is being interfered with due to spinal misalignments, or subluxations, your entire body is not working as optimally as possible. Stress is the major cause of a subluxation. Physical, chemical and emotional stress all cause subluxations to occur. Therefore, sitting at a desk for eight hours a day, eating junk food, and being stressed out due to having a job you don't love all have equal impacts on your health. My job as a chiropractor is to look at your entire nervous system, remove the subluxations through a specific adjustment, and let the body heal itself.

From a performance perspective, optimizing neurospinal health is crucial. Athletes are constantly putting excessive stress on their bodies, leading to spinal misalignments. Chiropractic care can help remove the interference from your nervous system and therefore keep you doing the things that you love. Prevention before injuries occur is key. Once injuries do occur, chiropractic care can help get you back to being well, but then also help you stay well! Every major sports and Olympic team has a chiropractor on staff for this very reason. They recognize the benefit of taking a proactive, vitalistic approach to their health so that they can be at the top of their game.