

Dr. Brian Wallace recently returned to his hometown of Bernardsville after graduating from Life University to practice Chiropractic healthcare at Somerset Hills Chiropractic. Growing up in an atmosphere of healthy mind, body, and spirit, Dr. Brian brings his life long experience of staying healthy and peak performance to the community. Since returning to Bernardsville he has been a part of the Rotary club as well as a volunteer for his local church's youth group. He is also a member of the International Chiropractic Pediatric Association which specializes in the care of young children ranging from newborns to high school.

As a Bernards High student Dr. Brian led the inaugural ice hockey program to 2 championships and continued that tradition playing hockey in college. His commitment to discipline, personal empowerment, and the wellness model of healthcare makes him a leading practitioner in "staying well" in the Somerset Hills Community.

While at chiropractic school Dr. Brian was a part of the Presidential Leadership Team which was a group involved in increasing the vision of the chiropractic profession as a student. Dr. Brian also was an assistant coach to the Life University ice hockey team for the last two years of his studies.



Water therapy is a natural therapy based on the use of water in prevention and treatment of diseases, rehabilitation, and improving ones overall well being. Water therapy is important after any type of injury because the buoyancy of the warm water permits movement and allows patients to begin therapy sooner than on land. There are many benefits associated with aquatic therapy which include:

- Decreased weight-bearing load on joints
- Increased flexibility and range of motion
- Increased muscle strength
- Decreased muscle soreness and stiffness
- Improvement of balance, posture, and coordination
- Increase in heart and lung function
- More rapid rehabilitation
- Decreased pain, both during and after exercise
- Joint protection while exercising
- An improved sense of physical and mental well-being

Water therapy has been shown to benefit patients suffering from debilitating pain, diabetes, arthritis, multiple sclerosis, depression, chronic fatigue syndrome, and other illnesses, which has greatly increased their overall health and well-being. I highly recommend water therapy to anyone who is suffering from debilitating pain or disease, as well as those just looking for a new way to exercise. I have seen the miraculous improvements some of my own patients have made participating in the SWIM program.

Yours in health,

Dr. Brian Wallace

Somerset Hills Chiropractic