



Dr. William Charschan D.C., C.C.S.P. “The body mechanic”

2012 Media Kit

Available for segments to speak about a wide variety of pain-related health and wellness issues including joint pain, neck and back pain, shoulder pain, fibromyalgia and carpal tunnel syndrome.

www.backfixer1.com

NJRunningDoc Blog: <http://www.njrunningdoc.com>

Diary of a Chiropractor Blog: <http://www.backfixer1.com/blog>

Political Postures Blog: <http://www.politicalpostures.blogspot.com>

LinkedIn: <http://www.linkedin.com/pub/bill-charschan/13/5/868>

Facebook: <http://www.facebook.com/backfixer>

Twitter: <http://www.twitter.com/backfixer>

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Treating the Problem, Not the Symptoms.

We believe that our patients are like family, and family deserves medical solutions that look outside the box to find the source of pain and treat the whole body.

[Learn More](#)

Dr. William Charschan “The body mechanic” Patient Advocate, Enthusiastic Medical Practitioner and Educator

Based on years of experience and thousands of successful pain-related patient care outcomes, Dr. Charschan believes pain and functional limitation is a *symptom* of mechanical problems. Moreover, functional and mechanical problems need functional and mechanical solutions. Expensive testing, medication and surgery are last resorts, not answers. To prove it, Dr. Charschan can provide a live audience participation demonstration where he assesses an audience member’s pain-related symptoms, correctly identifies and addresses the real source of the problem. **SPOILER ALERT:** *The source of the problem is almost never what you think it is.*

Dr. Charschan lives and practices in central New Jersey and has treated thousands of patients of all ages, including celebrity and amateur athletes. He is the medical director of USA Track and Field New Jersey, maintains several popular blogs educating readers and addressing health care issues and plays a mean guitar for his New Jersey band, “Midlife Crisis.”

<http://www.backfixer1.com> (www.backfixer1.com) is the website for Dr. Charschan’s medical practice, Charschan Chiropractic and Sports Injury Associates.

[Diary of a Chiropractor](http://www.backfixer1.com/blog) (www.backfixer1.com/blog) is Dr. Charschan’s venue for all things health and medical related.

[NJ Running Doc](http://www.njrunningdoc.com) (<http://www.njrunningdoc.com>) specifically addresses the concerns of the athlete and runner building upon his work with asymmetry, gait and stride-related issues at the root of most unexplained and mistreated pain.

[Political Postures](http://www.politicalpostures.com) (<http://www.politicalpostures.com>) is Dr. Charschan’s way to explain how inherited and developed body style issues translate into the opportunity for muscle and joint problems using the public political figures we see on the news during the 2011 - 2012 run for office.

Dr. Charschan is a patient-consumer and health care provider educator and advocate helping patients find answers and choose the kind of health care providers that can allow them to live a healthier and more pain free life. A frequent speaker at local health related and business networking events, Dr. Charschan “The body

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mechanic" delights in telling stories; using examples, metaphors, presentations and props to make a point.

His book, "Cheating Mother Nature; What you need to know to beat chronic pain" (available in print and Kindle ebook on [Amazon](#) and [Barnes and Noble online](#)) explains chronic pain and its causes in a way everyone can understand, giving the reader the tools to understand the body and navigate the health care jungle of providers to find those who can best help resolve pain issues.



Dear Dr. Charschan, I want to thank you for helping me recuperate from my injury. When I first came to your office in March, I could barely walk. Going from being a runner that was running 70-90 miles weekly to feeling so crippled that I could barely walk was so very frustrating. I had severe pain in the hip and in several places in my legs and feet. You often amazed me in how you would treat some of my problems. For example, my foot would hurt and you would find a problem in my upper leg that would make the foot pain go away. I am now happy to say that I am back happily running again. My speed and mileage are also picking up with every week. My body feels like a miracle took place. Thank you again.

Kind Regards,
Heather Colleen Villem



About three years ago I was diagnosed with Carpal Tunnel Syndrome by an orthopedist. He put my wrist in a night cast and a wrist support during the day. He told me if this did not help I would need surgery. As time passed not only did my right wrist get worse, my left wrist started to hurt also. My livelihood consists of typing on the computer, and I needed pain free wrists. I stalled long enough and did not want surgery. When I heard of Dr. Charschan and his technique with Active Release I was skeptical because I had been to chiropractors before and did not have satisfactory results. Before surgery I decided to try this technique. Much to my surprise this method worked. Today both wrists are pain free, can type all day without any discomfort. Now that my wrists are pain free, I decided to continue to visit Dr. Charschan for helping my neck and back with this same technique.

Thank you Dr. Charschan,
Donna Lebowitz



Over the last twenty years or so I became accustomed to living with chronic discomfort and loss of mobility in my neck and shoulder area. When I sought treatment in the past the improvements were negligible and temporary. Because the condition worsened gradually I didn't realize how much I was adapting to the loss of motion. I forgot what it felt like to be able to turn my head instead of my whole body when I needed to put the car into reverse. In just a few weeks of treatment with Dr. Charschan, I have had tremendous improvement-greatly increased mobility and diminished discomfort. In addition, I no longer get the frequent headaches that had been bothering me. It is very satisfying to experience such a dramatic improvement in such a short period and I am looking forward to continued progress.

Donna Coleman



Dr. William Charschan “The body mechanic” Quick Facts

- Author of more than fifteen educational health and wellness brochures
- Book Author – *Cheating Mother Nature, What you need to know to beat chronic pain*
- Article Contributor to *Dynamic Chiropractic* (www.dynamicchiropractic.com)
- Diary of a Chiropractor blogger (www.backfixer1.com)
- Running and jogging pain-free blogger (www.njrunningdoc.com)
- Political Postures blogger showing the power of proper 18-point visual assessment (www.politicalpostures.com)
- Actively involved in the ACA and NJ Sports Council
- Medical Director, USA Track and Field New Jersey
- Certified Sports Physician
- Licensed and board certified physician of chiropractic medicine
- Background in mechanical engineering
- He has lectured on biomechanics to the membership of the New Jersey Chiropractic Society and other regional chiropractic organizations.
- Lectured on his diagnostic methods and treatment to the sports council at Palmer Chiropractic College, Association of NJ Chiropractors Sports Council
- Creator of the *Kinetic Chain Torture Test*, used by many high school certified athletic trainers to screen their athletes.
- Advocate for mechanical solutions to functional problems that cause most patient pain issues.
- Guitarist and leader of cover band, *Midlife Crisis*
- Maintains two offices located in Scotch Plains, NJ and North Brunswick, NJ
- Regularly volunteers at athletic events including Track and Field, Martial Arts, Ultimate Frisbee, National Aerobic championships, Grappling, Soccer, Football and The New York marathon
- Community Involvement includes Annual February Shoe Drive, annual Turkey Drive for the needy and Adopt A Family program.



Dr. William Charschan's Vision, Mission and Inspiration

Since 1988, Dr. William D. Charschan, D.C., CCSP has treated thousands of patients in New Jersey suffering from accident trauma, occupational stress injuries, sports injuries and chronic pain associated with the simplest everyday activities and aging.

A graduate of the National College of Chiropractic (now known as the National College of Health Sciences) located in Lombard, Illinois; Dr. Charschan also received his certification in sports injuries in 1991 at New York Chiropractic College. A Certified Sports Physician and the Medical Director for USA Track and Field New Jersey, Dr. Charschan is a licensed and board certified physician of chiropractic medicine with a background in mechanical engineering.

Dr. Charschan is an avid explorer of safe, non-surgical, results oriented patient care and studied soft tissue and myofascial release treatments taught by maverick men of chiropractic medicine, Doctors Warren Hammer (**Fascial Manipulation®** www.fascialmanipulationworkshops.com) and Michael Leahy (Active Release Techniques®). He studied the Graston Technique method of soft tissue treatment and its application in addressing chronic pain syndromes and is trained in orthotics theory and application by Len Kerns of Foot Function lab.

Focusing on the biomechanics of running and gait, Dr. Charschan "The body mechanic" is passionate about the need for a system that allows health care practitioners to better diagnose, agree and then treat mechanical problems, the basis for most chronic pain. Building on the work of Dr. Brian Rothbart, Dr. Charschan developed unique methods of screening body mechanics based on body style in a way that makes it easy to improve diagnostic inter-reliability between health care practitioners.

Dr. Charschan has lectured on his diagnostic methods and treatment to the sports council at Palmer Chiropractic College, Association of NJ Chiropractors Sports Council and has published articles on kinetic chains in the magazine Dynamic Chiropractic.

Dr. Charschan regularly volunteers at numerous athletic events including track and field, Martial Arts, Ultimate Frisbee, National Aerobic championships, Grappling, Soccer, Football and The New York marathon.

Practicing in Scotch Plains and North Brunswick, Dr. Charschan lives in New Jersey with his wonderful wife Beth, a business owner, his daughter, Gabriell and son, Jesse who is glad to have a chiropractor for a dad after an afternoon of raking fall leaves.

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Dr. William Charschan, Doctor, Patient-Advocate, Thought Leader in Pain Prevention

Dr. Charschan is an experienced and tireless health care provider, writer and presenter. His reputation for consistent, quality health care has earned him the respect of patients and colleagues. For additional information, examples of Bill's work, and what he can add live up and add value to any speaking opportunity or segment on the challenges of the health care system or treating and preventing pain, please visit his websites or request a copy of his book, *Cheating Mother Nature- What You Need to Know to Beat Chronic Pain*.

Contact Dr. Charschan directly at (732) 829-0009 or emailing backfixer@aol.com.

Medical Solutions

Dr. Charschan quickly, consistently, and successfully diagnoses, and treats the root cause of your problem, without drugs or surgery, to reduce the pain you are feeling and increase your mobility in the following areas:

Upper Back Pain	Shoulder Pain	Hip Pain	Temporal Mandibular
Sciatica Pain	Rotator Cuff Pain	Rib Problems	Joint Syndrome (TMJ)
Knee Pain	Plantar Fasciitis	Trauma	Numbness in Hands and Feet
Lower Back Pain	Achilles Tendon Pain	Tennis injuries	Carpal Tunnel Syndrome
Shin Pain	Fibromyalgia	Golf Injuries	Golfer's Elbow
Ankle Pain	Myofascial	Baseball Injuries	Tendonosis, Tendonitis
Wrist Pain	Neck Pain	Basketball Injuries	Tennis Elbow
Elbow Pain	Migraine Headaches	Running Injuries	
Foot Pain	Tension Headaches	Weight-Lifting	

Chiropractic Success Stories



Dear Dr. Charschan: I wish I had found you sooner. After 20 years of neck problems I can finally say that my neck movement and lack of discomfort is the best it has ever been. I now wake up in the morning without the soreness I had experienced for all those years. I thank you... [Read more »](#)

Dr. Charschan



A Certified Sports Physician and the Medical Director for USA Track and Field New

Jersey. Dr. Bill Charschan is a licensed and board certified physician of chiropractic medicine with a background in mechanical engineering.

That may seem odd. However, the body is a marvelous machine and Dr. Charschan saw the connection and ran with it. Today, his unique background is the basis for every diagnosis, every treatment, and the trademark-pending H-CAT3™ System. [Read More »](#)

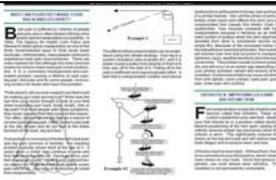
Newsletter



Dr. William Charschan "The body mechanic", Educator and Author



Understand the facts about automobile trauma-related pain, how to manage recuperation and a full recovery.



Learn how to identify the cause and find the solution of back and sciatica pain - symptoms of problems most often related to body style, asymmetry, foot pronation and gait.



Learn the facts about Carpal Tunnel Syndrome diagnoses and effective treatments your regular doctor may not be considering.



You can't rock 'n roll when your bones, joints and back shake, rattle and roll. Find out what ails you from a guitar-playing doctor with recommendations to keep you in tune.



Running is one of the least expensive and most popular activities for anyone looking to stay in shape. It can also be the cause of excruciating pain if you don't know the right things to look for before hitting the road.



There's really no point in directly treating the joint, hip, lower back or spine if you don't understand that muscle tissue tightness is likely part of the problem (and for reasons you may not realize). Find out the role muscle tissue plays in pain and learn about Myofascial Release Technique.



Since the muscles in the jaw move the jaw, chronic pain syndromes can develop. Temporal Mandibular Joint Syndrome is commonly misdiagnosed as a tension headache, sinus headache, inner ear infections, dental problems and other functional disorders.



Dr. William Charschan “The body mechanic”, Online Educator

The cause of golfer’s elbow is really a problem with your tightening mid-section. Hear more about it.

<http://dl.dropbox.com/u/37193460/audio/golfers.mp3>

No Golfers Elbow and Back Pain!



Heel pain and plantar fasciitis is most commonly a problem caused by an inherited condition known as foot over-pronation that can also affect your knees, hips and lower back.

<http://dl.dropbox.com/u/37193460/audio/foot.mp3>

Foot and Heel Pain



Posture, mid and lower back muscles are usually the real problem when someone complains of chronic neck pain. Listen here to learn more.

<http://dl.dropbox.com/u/37193460/audio/neck%20pain.mp3>

Neck Pain Recording



Think you suffer from Carpal Tunnel Syndrome because your job involves sitting at desk, typing all day? Ever wonder why the people you work with are not suffering, too? Give a listen to get some answers.

<http://dl.dropbox.com/u/37193460/audio/carpal%20tunnel%20syndrome.mp3>

Carpal Tunnel Syndrome – Cumulative Trauma Disorders



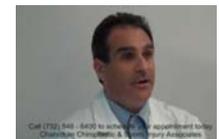
His doctor and therapist wanted him to miss school to have an MRI on his knee. MRI’s don’t solve problems. The proper evaluation and treatment had him in class for the first bell. Watch and learn.

<http://www.youtube.com/watch?NR=1&v=8PA0a8GPDvU>



Taking shots won’t help *fix* your shoulder pain. Treating the torqued pelvis and tight lower back do. Watch Dr. Bill explain.

http://www.youtube.com/watch?v=Tvcru_l1G8I



See more here: <http://www.youtube.com/user/ChiropracticNJ#p/u>



Will help readers in their journey to find and treat musculoskeletal conditions

October 6, 2011 By [Citizen John](#) (USA) –

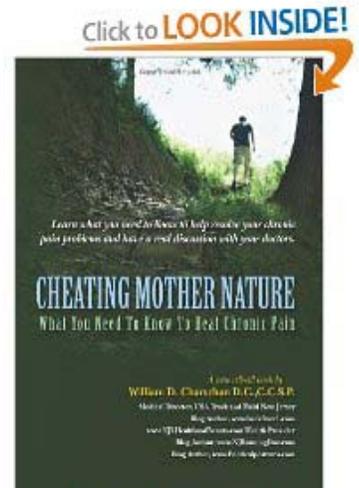
This review excerpt is from: *Cheating Mother Nature: What You Need To Know To Beat Chronic Pain* (Paperback)

Dr. Charschan's approach to back, knee, shoulder and joint pain is interdisciplinary. In my view, this is the way to go at least initially until it's known whether one's condition requires surgery. I've been there - had spinal fusion surgery and experienced many treatments based on a variety of medical theories.

Charschan gets to the bottom of things quickly - the feet. Problems with feet and gait manifest right up to knees, pelvis, spine and shoulders. Some shoulder problems can even be kept at bay simply through addressing feet and gait. Shoe inserts make a difference in many, for example. That's an easy expense to get covered by insurance, to a point anyway. Remember, when you treat any type of chronic pain, you have to work your way through the requirements of the medical insurance industry. Victory is often defined by getting an MRI, because insurance companies have high standards that must be met before justifying an MRI or CAT scan. I think it's generally a good idea to start with the feet and work one's way up through health care's gatekeepers using information consistent with this book.

Cheating Mother Nature in some cases may tell the correct treatment for a condition but is valuable for clues on finding the Holy Grail (referenced above). Ordinarily a diagnosis involving the musculoskeletal system will vary widely from one doctor to another, according to Charschan. His approach is specifically to evaluate the function and find the mechanical problem. Note that he has a background in mechanical engineering prior to his medical background.

An advantage to Charschan's approach, other than perhaps a more successful diagnosis, is that patients will probably be less likely to drop out of care because they are not made to think they have to live with the problem. For these reasons, I recommend *Cheating Mother Nature*.



“There is no doubt in my mind (after over forty years of research and clinical practice) that function follows form. Your expertly written book and your clinical experience” are confirmations of that paradigm.” - *Professor Brian Rothbart, DPM, PHD, FACFO, DAAPM,*

“Dr. Charschan challenges both patients and doctors to think ‘out of the box.’ He stresses the overlooked concept that patients should seek out doctors of ‘function’ rather than doctors of ‘symptoms’ and educates the patient to pick a doctor who knows enough to examine for dysfunction instead of relying on an x-ray or MRI to make a diagnosis.” - *Warren Hammer, DC, MS DABCO*



Dr. William Charschan “The body mechanic”, Media Interviews

2/13/12 - Thewellnessauthorsshow.com Don McCauly interview regarding the book Cheating Mother Nature

<http://www.youtube.com/watch?v=r0IJFZddLcw&feature=relmfu>

2/14/12 – Ask Dr. Veronica Anderson Web Radio Show Wellness for the real world. From the show:

If you suffer from lower back pain, you know the drill. Its effects can range from occasionally inconvenient to debilitating. We take a look at the causes of back pain, and ways to manage it, old and new. Guests include **Dr. William Charschan** (author; *Cheating Mother Nature: What You Need To Know To Beat Chronic Pain*); acupuncture physician and herbalist **Robert Linde**; noted spine surgeon **Dr. Bryan Massoud**; and **Victoria Richards** to discuss a revolutionary new drug-free pain treatment.

<http://www.youtube.com/watch?v=-matGU5ZdA>

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