

## Active Family Chiropractic of Gaithersburg, MD Celebrates 10 Years of Service to the Greater Washington, DC Community

*Dr. Greg Swistak and Active Family Chiropractic in Gaithersburg, MD are celebrating the clinic's 10-year anniversary this month with fond reminiscences, plans for the future and a valuable promotion for patients.*

Gaithersburg, MD ([PRWEB](#)) September 24, 2014 -- Active Family Chiropractic in Gaithersburg, MD and the clinic's founder, [Dr. Greg Swistak](#), are celebrating the practice's 10-year anniversary this month. To mark the occasion, Dr. Swistak recently took a moment to reflect on the past decade and think about the clinic's future. "While we launched our practice in 2004, it was our move to the Kentlands in 2005 that really allowed us to grow and become a part of the local community. The practice has stayed pretty consistent over the last ten years. Although we've certainly had our share of ups and downs with the economy and insurance changes, we've been able to maintain a consistent philosophy of personalized care for our patients."

The healthcare community has come under growing pressure over the past decade, posing significant challenges for small private practices. "Insurance changes are the biggest obstacle, particularly the stricter regulations on number of visits allowed and higher deductibles and co-pays. We have tried to counteract this by making sure we give the best quality care as efficiently as we are able. The focus is on delivering what patients want, which is generally to get back to feeling well as quickly as possible."

While Active Family Chiropractic continues to see a wide variety of patients looking for [help with a broad range of injuries and health conditions](#), there have been subtle changes in what they are trying to achieve. "Our patients still include everyone from pro and semi-pro athletes to weekend warriors and seniors. We continue to see a large number of auto accident injuries as well. But—interestingly enough—we've found that as the years have gone by, more and more people are coming to see us not necessarily because of specific injuries but to maintain their health. This reflects a very important shift toward prevention and wellness."

As the years have gone by, patients' service expectations have also changed. "We've seen the community continue to grow and the pace of professional and personal life continue to get faster. People in this area have extremely busy schedules. For us, this has meant providing greater appointment flexibility. We've tried to help by offering [early morning, lunch and evening hours throughout the week](#) so that getting to the office is as convenient as possible."

What does the future hold for Dr. Swistak and Active Family Chiropractic? "As we look to the future, we plan to stick to our core principles and continue to grow as part of the community. We are also looking to reintroduce massage therapy into the practice over the coming weeks and months."

Dr. Swistak and his team look forward to continuing to provide high-quality, patient-centered care to the local communities in and around Gaithersburg, MD. "We're truly grateful for the support our patients have given us over the years and we're thankful for the opportunity to serve. It gives a great sense of satisfaction when [patients talk about the difference we've made in their lives](#). As a small token of appreciation, Active Family Chiropractic is now offering 10% off all supplements and Biofreeze® Cold Therapy Pain Relief products."

About Dr. Greg Swistak and Active Family Chiropractic



Greg Swistak, D.C. is a member of the Maryland Chiropractic Association and the International Chiropractic Pediatric Association. He is also a Fellow of the American Medical Acupuncture Society and a well-known lecturer on complementary and alternative medicine. He received his Doctor of Chiropractic degree in 1997 from the Palmer College of Chiropractic.

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