

MAKING AN ADJUSTMENT

Although it was a pain in the neck to get there, this Navy combat engineer finally became a chiropractor.

BY KATHLEEN GANSTER

WHEN SEAN KONRAD DECIDED to go to college to become a chiropractor, his family thought he “was crazy.” After all, the Navy veteran was a single father with two small children and made a good living as a heavy equipment operator. But after a chiropractor helped Konrad get back on his feet after a work injury, he knew he wanted to help others.

“After a year on medication, I found a chiropractor that totally changed my life – I decided that I wanted to help other people the same way,” Konrad explains. “My family kept asking me if I was crazy.”

In 2004, with sole custody of his two young children, Konrad went to college “starting from scratch,” and drawing on the discipline and determination he learned in the Navy.

“I also found my management skills that I learned [in the Navy] were incredibly helpful. I was balancing everything and had to manage my time,” he says.

That meant often studying at night after the children were in bed, running on just a few hours of sleep a night. “There were times when I thought, ‘What the hell are you doing?’”

Despite the exhaustion and his hectic schedule, Konrad said he never felt like giving up. “I wanted to set a good example for my kids. I wanted to work for myself and do things my way,” he says.

His determination paid off and now, Konrad has a successful chiropractic business, Life in Motion Chiropractic and Wellness with three locations.

“In my practice, I really listen to my

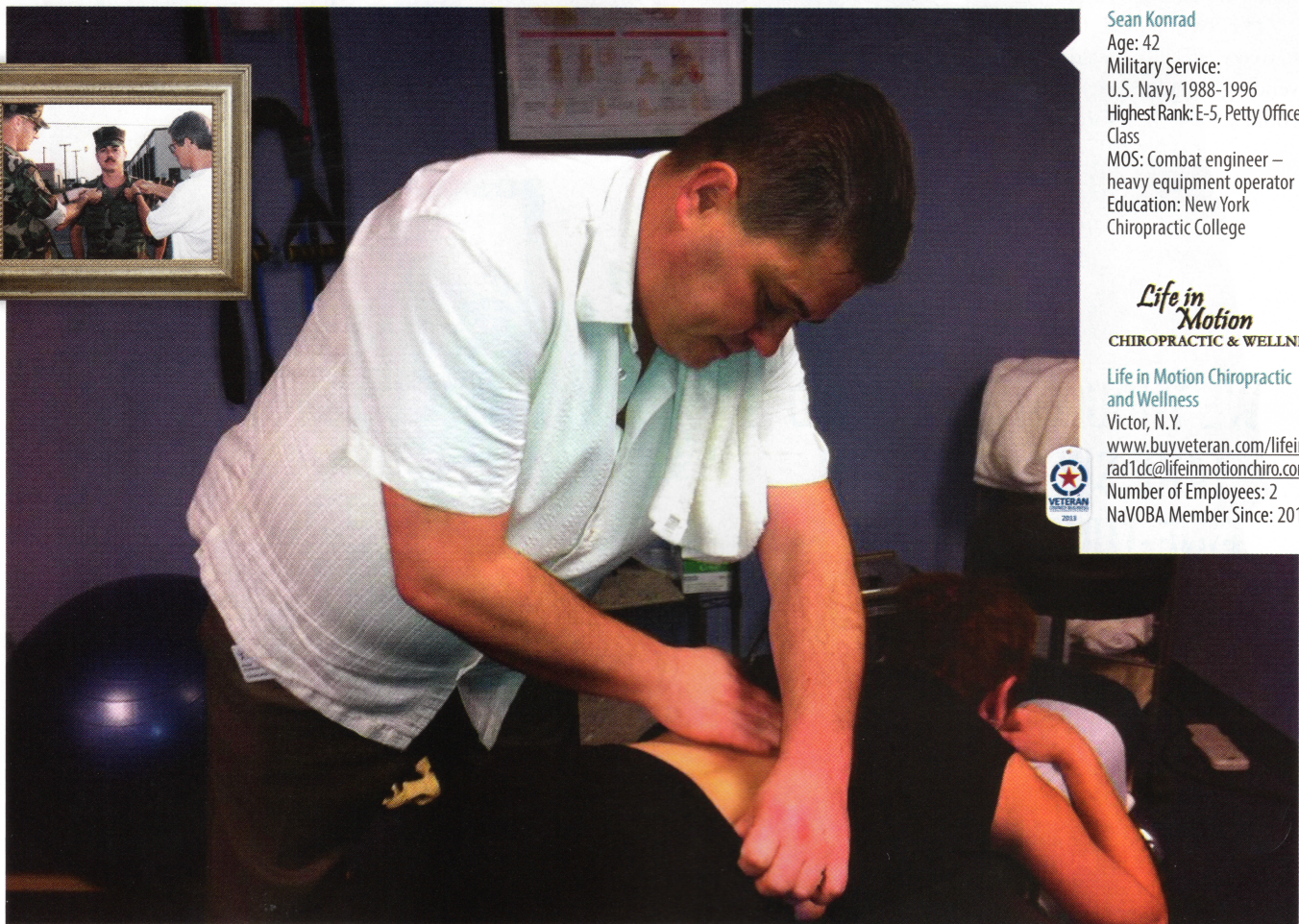
patients. I’m not just a ‘rack-him and crack-him’ practice, but like to talk with my patients and find out their needs,” he says.

Konrad started as a chiropractor working for another practice, then decided to launch his own practice. He also took over his mentor’s business when he went on to teach at a college.

“He said, ‘I can’t think of anyone that I would rather take over my practice,’ and I was so honored,” Konrad recalls.

Konrad also landed a contract to provide a business with its in-house and off-site chiropractic care, thus creating a third office.

“I just want others to have the same natural form of pain relief that dramatically changed my life,” he says. 🌱



Sean Konrad

Age: 42
 Military Service:
 U.S. Navy, 1988-1996
 Highest Rank: E-5, Petty Officer Second Class
 MOS: Combat engineer – heavy equipment operator
 Education: New York Chiropractic College

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