



Dr. AJ Gagliardi is the owner of Southern Connecticut Muscle and Joint Performance Chiropractic LLC. As a New York Chiropractic College alumnus he was inducted into the Phi Chi Omega Scholastic Honor Society. Along with graduating with this honor, Dr. Gagliardi logged more than 400 hours of continuing education credits attending seminars with the Central Institute of Human Performance, Prague School of Rehabilitation, Active Release Techniques (ART), Modern Spine Care, The Motion Palpation Institute, and Integrative Diagnosis. Through these extracurricular weekend seminars Dr. Gagliardi is certified in Active Release Techniques, which is the Gold standard for treating muscle, ligament, and tendon problems that commonly occur in athletes and weekend warriors. He is also the only certified Head, Neck, and Oro-facial Rehabilitation Specialist in Connecticut offering state of the art treatment for TMJ pain and dysfunction. Dr. AJ also uses Dynamic Neuromuscular Stabilization (DNS) taught by Dr. Pavel Kolar of the Czech Republic. The “Prague School” emphasizes neuro-developmental aspects of motor control in order to assess and restore proper function of the locomotor system. Along with the above treatment/screening methods, Southern CT MJPC uses movement screens during every exam to find increased/abnormal tension throughout the body (i.e.- Gait analysis). Dr. AJ then uses the different techniques stated above to remove that abnormal tension, allowing the body and patient to heal and perform at their maximum capacity without the risk of another injury. Our goal is to have you as a lifelong patient, not a patient for life.