

WHO IS NYCC?

BENJAMIN CARLOW, DC ('13)



Dr. Ben Carlow hails from Long Island, New York where he quickly discovered his passion for human movement, health, and life sciences. Earning a Pre-Health degree from SUNY Buffalo, he applied to and graduated with Honors from New York Chiropractic College in 2013. During his time spent at NYCC, Dr. Carlow was a member of the Phi Chi Omega Honor Society, President of his class, and earned the Lloyd Henry Distinguished Service Award. He got accepted to a coveted internship position in Long Island within a multidisciplinary office, and to this day remains in Long Island to practice.

Dr. Carlow started his practice from scratch in Plainview, New York where he prides himself in his community involvement, continuing education, and outstanding patient care. His office is located within a community center that houses a fitness facility, which caters to his unique treatment style that blends chiropractic with soft tissue techniques and rehabilitation exercises. Having a fully-equipped gym at his disposal has allowed him to include personal training as part of his business. Dr. Carlow strives to be an active member in his State Chiropractic Association, local Chamber of Commerce, and various town-related committees.

He is truly able to say that NYCC prepared him well for working with people on every level thanks to the valuable time he spent working in the student clinic. Being a tour guide at NYCC helped him to be a salesperson; being class President helped him in leadership; being a Resident Assistant helped him in responsibility, and tutoring helped him in education. He emphasizes the fact that it is crucial that students should get involved to harness these skills that may one day prove to be extremely valuable in practice.

Dr. Carlow stresses the fact that it is important to maintain an open mind while you are still in chiropractic school, because a lot can change from your first trimester to your tenth trimester. While it may be tempting to latch on to a specific technique or way of practice, keeping an open mind is crucial so that one does not limit themselves from future potential areas to grow and expand. It is important to remain realistic in your mindset and embrace the fact that your experiences in the clinic, clubs, networking, shadowing, and business will shape the doctor you wish to become in the future.