

WHO IS NYCC?

TIM SIMANSKY, DC ('10), DACBSP, CSCS

TIM SIMANSKY, DC, is a graduate of the New York Chiropractic College class of 2010. He holds a Bachelor of Science degree from the University of Scranton and is a Diplomate of the American Chiropractic Board of Sports Physicians, a certified strength and conditioning specialist through the National Strength and Conditioning Association, and a certified CrossFit coach. He is known as “the WODdoc™” – WOD being short for “workout of the day.”

Dr. Simansky chose NYCC for two main reasons: to approach chiropractic from a science- and evidence-based curricular standpoint, and to be in a location that minimized distractions. He felt that NYCC gave him the best possible opportunity to get the most out of his chiropractic education. Currently, he has a chiropractic sport and rehabilitation office, where he primarily treats patients with sports injuries through methods such as chiropractic manipulation, instrument-assisted soft-tissue mobilization (IASTM), Cox Flexion Distraction Technique, Active Release Techniques (ART™), passive care, exercise rehabilitation, and nutrition. His true passion is treating CrossFit athletes with an array of musculoskeletal injuries. When asked about what makes his treatments effective for this population, he says: “Everyone always asks, ‘What is the magical special treatment?’ It makes me laugh, because there’s nothing magical about what I do. The body is a machine.” He credits NYCC for providing him with the foundation upon which he continually builds his professional career. Believing that “graduating is only the first step in a person’s career,” he prides himself on learning every day in practice.



Simansky is possibly most renowned for his social media presence as “The WODDoc, Project 365”. Project 365 consists of daily mobility, stability, and functional symmetry-based videos aimed at helping viewers improve their personal knowledge and physical ability to maintain their own bodies. Throughout this series, Simansky has accumulated almost 33,000 followers on Instagram, another 5,800 on Facebook, and 5,500 subscribers on YouTube with over 365,000 video views. With numbers like these, he is one of the fastest growing sports chiropractic presences on social media. When asked about the approach to his WODdoc social media presence, he comments: “I don’t market; let’s be clear about that. Marketing is for PIP [personal injury] lawyers and those who ask if you have been recently exposed to asbestos. I simply do my best to provide quality information to those who choose to listen. The first step was finding

something I felt comfortable educating my audience on. After that, the brand developed on its own.”

Passion for his craft is the most obvious reason for Simansky’s growing popularity in the chiropractic sports world. As one who continually pursues educational opportunities, he stresses to students and new graduates: “Don’t feel that you’re entitled to anything. Be humble, and realize nothing worth owning comes without sacrifice. Even the brightest graduates are years behind the subpar veteran practitioners. Learn every day, from everybody. You will be surprised what you can find in the nooks and crannies that harbor this gold that we call knowledge.”