



Dr. Dan in the room with a view



Bethesda Spine and Posture

THEY FOCUS ON POSTURE

Dr. Dan Kraus, D.C. was born and raised in the DC area. He grew up in Silver Spring, attended John F. Kennedy High School, and graduated from the University of Maryland with a psychology degree. After graduation, he and some buddies moved to Atlanta in hopes of working during the Olympics.

Unfortunately, or maybe not so unfortunately, Dan hurt his back moving in December of 1992. In extreme pain, Dan went to a chiropractor and found immediate relief. By March of 1993, he was enrolled in Life College in Marietta, Georgia, and in 1996 received his Doctor of Chiropractic degree. A few years later, he attained

his distinguished fellow of chiropractic biophysics certification in 2008 and the advanced certification in chiropractic biophysics in 2011.

Dr. Dan personally understands the important benefits of chiropractic care: “It’s more than just treating headaches, neck, back, shoulder, hip, and feet pain. Chiropractic biophysics can restore overall function in a way that traditional chiropractic falls short, especially when we combine physical therapies to improve movement patterns and improve overall mobility.”

Chiropractic biophysics focuses on posture. Lots of pain-related distortions come from bad posture. Dr. Dan takes the time to explain to his patients the effects that bad posture has on their function. “Whenever I have the opportunity to educate a patient on the distortions in their posture and I can help them to take an honest assessment of their environment while making changes at home to help, that’s a good day for me.”

In his office, Dr. Dan invested in various pieces of equipment to fully treat his patients to create a unique posture correction clinic. Most recently, one-on-one physical therapy was added. Dr. Dan is a patient advocate: he is here for his patients, and they can call him on his cell.

If Dr. Dan can’t help you, he will send you where you need to go. He believes in starting with the least invasive solutions first. Here’s a little advice and ask yourself the following questions.

- Take an honest assessment of your environment. Are you holding an asymmetric posture for an extended period of time?
- What does your work station look like? Is it ergonomically fitted for you? Can you use a sit/stand desk?
- What does your sleep posture look like?
- Do you have a healthy sleeping surface?
- Do you wake up in pain?
- Are you bringing your phone to you or are you imitating the letter “C” when looking at your phone?
- Do you work regularly on your laptop?
- Do you find yourself taking medicine to make it through the day?
- When you look in the mirror does one shoulder look higher than the other?
- Does it feel like one leg is shorter than the other?

Dr. Dan lives in downtown Bethesda with his girlfriend, Lauren, and two French bulldogs, Mojo and Bunny.



Khalil Edwards



Mojo and Bunny

“Dr. Dan is the best! I have been a patient for 18 years. I have spina bifida and other complications. He has a big heart and is a spectacular human being. He listens, he knows what you need. I feel great. My husband, mother, son, and daughter all see Dr. Dan. He even processes your insurance!” Karen, patient



Jason Albanese, demonstrating the Power Plate



Deep tissue laser



Dr. Dan Kraus in the consult room



Megaformer



In-house X-ray

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All COVID-19 protocols are strictly enforced.



If you have a business that you would like to highlight, please contact Pat Doran, pat.doran@n2pub.com or 301-704-2490.



Greetings from Sonia Botlero