

# Dr. Josh Akin

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## Certifications and Licenses:

Doctor of Chiropractic

ART® (Active Release Techniques®) Certification in Upper  
Extremity, Lower Extremity, Spinal, and Nerve Entrapment

MUA (Manipulation Under Anesthesia) Certification

Certified in Functional Range Conditioning

## Associations and Memberships:

Illinois Chiropractic Society

NFL Chiropractic Association

MLB Chiropractic Association

Winnetka/Northfield Chamber of Commerce

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## **Dr. Joshua Akin, DC, ART, MUA**

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Dr. Joshua Akin, founder and Clinic Director of Chicago Chiropractic & Sports Medicine, is a board certified Chiropractor with certifications in Active Release Techniques (ART), Manipulation Under Anesthesia (MUA), Graston and Dry Needling. He specializes in treating professional athletes, collegiate athletes, high school athletes, and active individuals that have developed injuries through both competition and everyday activities. Dr. Akin provides an all encompassing approach to body mechanics and the function of the body, while focusing on understanding the true origin of the patient's problem, rather than only treating the symptomatic issues. For each patient, Dr. Akin develops a personalized plan that includes in-office treatment, stretching and a specific exercise program; a plan that provides patients with an effective solution for long-term preventive care.

Dr. Akin attended Illinois Wesleyan University where he played football for four years. In 2003 he received a Bachelor of Science in Chemistry and in 2004 he earned a Bachelor of Science in Life Sciences. Dr. Akin then graduated from Logan College of Chiropractic, in St. Louis Missouri, where he received his Doctor of Chiropractic. Dr. Akin is ART certified

in four crucial areas, Upper Extremity, Lower Extremity, Spinal, and Nerve Entrapment. He received his ART certifications in 2006.

During the NFL season, Dr. Akin treats the Chicago Bears players at the team facility during the week as well as at all home and away games. In addition to being the chiropractic physician for the Bears, Dr. Akin is the team chiropractor for the Chicago Cubs, where he works with the team's Sports Trainer on evaluating the players during spring training camp and provides treatment to the Cubs players throughout the MLB season.

Dr. Akin has been instrumental in developing functional mobility programs for Yoga instructors and CrossFit trainers. His workshops educate instructors on techniques for improving students' performances while minimizing the risk of injury.

[Contact us to schedule an appointment with Dr. Akin.](#)

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