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Welcome to **MADE in Lake County**! MADE introduces you to the people and stories behind local Lake County businesses. Today it is our pleasure to introduce you to Dr. Jonathan Engstrom. Dr. Jon is the Owner of **Center for Wellness Chiropractic Care** in Mundelein.



Dr. Jonathan Engstrom (Dr. Jon) has always been proud of his connection to Mundelein. As a teenager growing up in Lake County, many of his closest friends lived in the village and he always felt a special connection to it. It's no wonder that when he started his chiropractic practice in 2012, the **Center for Wellness**, he and his wife decided to make Mundelein their home, too.



Photo Source Center for Wellness

A Spartan through and through, Dr. Jon is a first-generation college student who graduated from Michigan State University on the Pre-Med track but quickly saw an opportunity to blend sports medicine with chiropractic care. He received his Doctor of Chiropractic from National University of Health Sciences and went on to specialize in Sports Medicine at Palmer College of Chiropractic.

Dr. Jon enjoys working with patients of all ages and abilities, but because of his background in sports medicine, he sees a lot of young athletes at Center for Wellness. He supports youth leagues throughout the county including the Park District programs, Mundelein High School, and the Lake County Stallions. He's also a member of the Mundelein Business Alliance. Dr. Jon has sponsored many of our Little Lake County events and brings his energy for healthy, vibrant living to every organization he's involved with. The goal of Center for Wellness is to encourage patients to develop habits that promote lifelong structural health. In Illinois, Chiropractors are considered primary care doctors so for many patients, Dr. Jon is the only health care provider they see.



Photo Source Center for Wellness

Dr. Jon is also a certified Kinesiotaping Practitioner. Kinesiotaping is a procedure that supports low-grade sprains and improves circulation which is especially helpful for athletes. The tape used acts as a live-on brace and offers knee support, which many young dancers and athletes need. He's also

certified in Sport Cupping, a Chinese procedure that is used by athletes to increase blood flow to the muscles. Both procedures can be beneficial for athletes of all ages and abilities.

Dr. Jon likes to recognize his patients who continue to play sports in college with a banner of their school on the wall of his exercise room at the **Center for Wellness**. Not surprisingly, it's that level of goal-oriented care that makes Dr. Jon and his staff at the Center for Wellness the recipients of the Readers Digest "Best of the Best Chiropractor" award by the Daily Herald for the last two years. "We're truly a community practice and I'm so grateful for that!" he says.



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Disclosure: Center for Wellness is our featured Business of the Month. This series is part of a paid promotion partnership with Little Lake County. All thoughts and opinions belong to the writer of the story.

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Genevieve is mom to 3 future world leaders and wife to one really funny guy. A public health worker turned stay-at-home mom, she spends her days navigating life in a busy household. She loves mornings, exercise, God, America and chocolate. She hates scary movies, spiders, airplane rides and writing bios.



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