

Dr. James Zuccaro, DC, DABNM, CNIM

First Health Winter Springs

First Health Chiropractic has been a fixture of the Orlando community for the last twenty years. The clinics, located in Kissimmee, Melbourne, and Winter Springs, specialize in the treatment of auto accidents, sciatica, stenosis, and neuropathy. Dr. Mark Nalley directs the Kissimmee and Melbourne locations, while Dr. James and Dr. Maria Zuccaro direct the Winter Springs office. Drs. James and Maria received their education in New York and have over 20 years experience. They are both Board certified in Neurophysiology and for the past ten years have held staff positions at prestigious hospitals, such as Thomas Jefferson Hospital, Hospital University of Pennsylvania, NYU Hospital, Beth Israel NY, Nemours Hospital, and Children's Hospital of Philadelphia. After working at these institutions, the Doctors went on to direct the Neurophysiology program at Shriners Hospital of Philadelphia. While there, they were placed on the corporate committee to develop the national policy and procedure guidelines for all 22 Shriners hospitals across the country. The Doctors have given numerous presentations at international conferences, instructed colleagues, and presented numerous grand rounds to aspiring surgeons. Dr James Zuccaro was also nominated by his peers and elected to serve as a board member for the American Board of Neurophysiological Monitoring (ASNM). While serving on the board, he helped to bring about national practice guidelines, and has been developing pediatric specific guidelines. The Doctors have also been very active in research presenting numerous abstracts, guidelines, and book publications. They were one of the few selected for a podium presentation at the Scoliosis Research Society annual meeting, won the best research award at the ASNM annual meeting, and just recently published an article in the Journal of Neurosurgery.

After spending six years at Shriners, both Dr James and Dr. Maria Zuccaro were recruited by Orlando Health. They left this position to own and operate their own clinic, First Health Winter Springs. Together they brought new changes to the clinic to include non-surgical spinal decompression, class IV cold laser therapy, and the treatment of scoliosis that includes the Schroth method. The clinic uses state of the art technology in addition to utilizing all the knowledge and experience that they have gained. They treated some of the most difficult cases who have failed other treatments and have achieved an 85% success rate of treatment. Additionally, they have worked with or have referral relationships with numerous orthopedic surgeons and neurosurgeons across the country. Lastly, they focus on patient-centered care and research-based treatments to get patients out of pain so they can enjoy their life again.

The Doctors live in Orlando and are avid runners. They enjoy walking their two Dobermans, attending art, music, and local theater productions in the Orlando area.



Photo by Kimberly Jefcoat

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