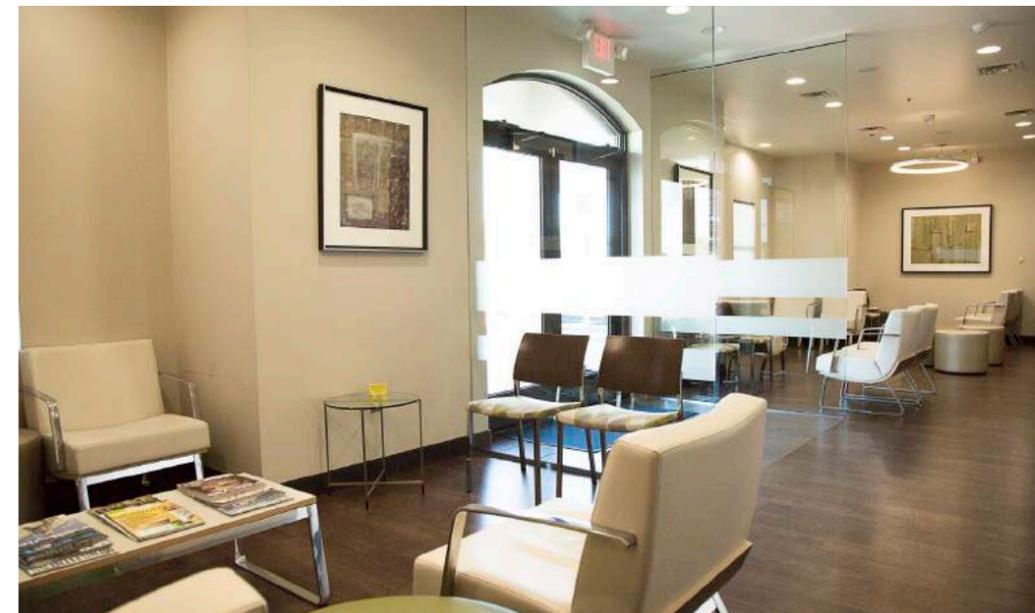




# DR. JAMES N. KONTARATOS, D.C., C.C.S.P

*photos by* CRYSTE DESHIELDS

**D**r. Kontaratos completed his undergraduate studies at University of Oklahoma, went on to graduate from Palmer College of Chiropractic, and later University of Health Sciences Antigua for his MD. He is board certified with Texas and Arizona for specialty in Sports Medicine. Dr. Kontaratos is also a Designated Workers Compensation Doctor specializing in Independent Medical Examinations and is board certified in impairment ratings in Texas. While focusing on noninvasive treatment, Dr. Kontaratos continues his education through extensive seminars including the study of symptoms and rehabilitation on Carpel Tunnel Syndrome.



**Why did you want to become a chiropractor?  
What's your favorite part of the job?**

The simple answer was to help people. My mother was a nurse for over 60 years. She was inspirational to me because she made such a difference in so many people's lives. However, the path I chose was a naturally-based method of healing. My favorite part of being a chiropractor is seeing sick people get well. We do not offer a quick fix for complex problems. Our office prefers to treat the cause rather than just the symptom. This successful approach has changed people's lives for good.

**What do you specialize in?**

My specialized degree is in sport medicine. As a whole, our office specializes in treating some of the most difficult cases. These include spinal disc bulges, motor vehicle accidents, chronic pain, frozen shoulder and migraine headaches.

**What's a typical day at the office?**

We start at 9 am and frequently finish by 8 pm. During that time we are totally focused on putting the patient first. We are very committed and sincere about taking care of people. We do not take ourselves too seriously, however, we like to have fun!



**What are the most commonly asked questions during an appointment?**

When a patient first enters our office, they have three basic questions. Can you help me? How long is this going to take? How much will it cost? Once we ascertain we can help them, our office is very good about creating flexible solutions for the last two questions. There is one question a patient never asks but is tantamount in their mind: Do you care? I believe that is where we have exceeded all expectations over the last 30 years.

**Can you tell us a little bit about the equipment you use?**

We have equipment that most people do not have in offices similar to ours. We have a new K-Laser which is cutting-edge technology for deep healing of joint problems and a three dimensional power plate which was developed by scientists at NASA. We also have the latest digital x-ray machine, which allows us to see things so incredibly clear that others might miss.



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