

Anthony Del Angel, M.S., D.C.

Owner of Gonstead Physical Medicine NE Heights & Rio Rancho clinics

Pause Studio: Rio Rancho & Flower Mound, Texas

505-922-9444 | drtony@gonsteadnm.com |

Professional Summary

Experienced Chiropractor and Movement Specialist with extensive expertise in strength and conditioning coaching, specializing in holistic and integrative approaches to physical medicine. Owner of multiple clinics focused on innovative treatments for chronic pain and movement rehabilitation.

Education

Doctor of Chiropractic (D.C.)

Palmer College of Chiropractic, 2004-2007

- Concentrated on spinal health, musculoskeletal disorders, and integrative wellness.

Master of Science in Exercise Physiology

Auburn University, 2001-2003

- Thesis: "Impact of Structured Strength Training Programs on Collegiate Athletes' Performance"

Bachelor of Science in Exercise Physiology

Auburn University, 1997-2001

- Graduated with Honors
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Professional Experience

Owner

Gonstead Physical Medicine, Northeast Heights & Rio Rancho, 2007-Present

- Founded and manage clinics providing comprehensive care including chiropractic, functional rehab, spinal decompression, hyperbaric oxygen therapy, red light therapy, shockwave therapy.
- Developed a 4-step process achieving a 98% success rate in patient outcomes.

Owner

Pause Studio, Rio Rancho & Flower Mound, TX, 2024-Present

- Oversee operations and strategic direction of the studio focusing on optimizing health & wellness.

Strength and Conditioning Coach

Auburn University, 2001-2004

- Led conditioning programs for football, baseball, basketball, softball, and volleyball teams.
- Implemented training protocols that significantly improved athletic performance and reduced injury rates.

Certifications and Professional Affiliations

- Certified Chiropractic Sports Physician (CCSP)
- Member, Gonstead Methodology Institute
- Board Member, Gonstead Clinical Studies Society
- Gonstead Diplomate
- Licensed Chiropractor, State of New Mexico
- Driveline Certification
- On Base University Certified
- Functional Patterns Practitioner
- GOATA Certified
- Fascial Fitness Certification

Skills

- Chiropractic Care
- Sports Rehabilitation
- Pain Management
- Team Leadership
- Strategic Business Management