



## **91-Year-Old Chiropractor Has Been in Practice for 70 Years**

posted by [PHS Chiropractic](#)

What will you be doing at age 91? For Jean Koffel, the answer is easy: After recently celebrating her 91st birthday, it was business as usual at her chiropractic clinic in Sheboygan, Wisconsin.

Koffel has worked as a chiropractor for the past 70 years and says that she loves continuing to help people through her hands-on practice focusing on manual adjustments.

She graduated from the country's first school of chiropractic, the Palmer College in Davenport, Iowa, and became the first chiropractor in Sheboygan County.

Her oldest patient is just nine years older than she is, and she has treated four generations of families in the region.

Even a recent accident when she was struck by a car didn't stop her: She was back at work the next day.

"First come, first serve, that's how we work here," said Jean Koffel as people began walking in her door at Jean F. Koffel Chiropractic Clinic on North Avenue.

She recently celebrated her 70th year of business and her 91st birthday.

"I like my work, I like helping people, that is the key," Koffel said, adding that it takes more mental stress than physical stress to continue her practice.

Koffel has witnessed many changes and transformations and through it all held true to a lifestyle of balance including good nutrition, moderate exercise (she walks regularly), restful sleep and routine hands-on chiropractic care.