

David Cruz, DC, CSCS is a licensed Doctor of Chiropractic. He attended Sonoma State University, majoring in Kinesiology (the study of human movement) and sports medicine.



Dr. Cruz is also a Certified Strength & Conditioning Specialist.

Dr. Cruz specializes in treating injuries associated with sports and other outdoor and fitness activities, as well as those caused by insidious ergonomic conditions like repetitive stress.

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Outside referrals are available for orthopedic evaluation, personal training, massage therapy and acupuncture.

The Clinic participates with many common insurance companies. And keep in mind that treatment for Workers Comp and Auto Injuries may be provided at no out-of-pocket expense. Please call (415) 925-1111 to see if you are eligible under your existing insurance plan. VISA and MasterCard are also accepted.

The Spine & Sports Clinic has ample parking and is conveniently located at 1017 Larkspur Landing on the west side of 24 Hour Fitness. There is easy access from Highway 101, the East Bay and the Larkspur Ferry.

Call (415) 925-1111 today for an assessment.

1017 Larkspur Landing Circle  
Larkspur, CA 94939

SPINE & SPORTS  
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# Have you been injured?

**Call today  
to put yourself on the  
fast track to recovery  
with state-of-the-art  
Pro-Active Therapy.**



**SPINE & SPORTS  
CLINIC**

1017 Larkspur Landing Circle 415.925.1111

## Rehabilitation for injuries both ergonomic and athletic.

Whether your injury occurred at the home, the workplace or on the playing field, take advantage of the latest advancements resulting from the treatment of pro athletes and olympic contenders.

Dr. Cruz at Spine & Sports Clinic is dedicated to what he terms a “Pro-Active Therapy” approach. This means that the therapies he would employ to your injury are customized and targeted to bring about the fastest possible result. Carefully avoiding stress to the injury, he utilizes therapies which increase strength in supporting structures to facilitate the fastest recovery in his patients.

## Why is fast so important?

The interest in early treatment and a fast result stems from the likelihood that an untreated injury tends to lead to degeneration and further injury. By proactively

working with Dr. Cruz on your injury, you can avoid the damage that can be caused by weakened ancillary muscles and even mild swelling of an untreated condition which can further limit motion and damage joints.



## Which treatments are for me?

Dr. Cruz provides the most comprehensive non-surgical approach to injury rehabilitation. Treatments may include traditional chiropractic care, physiotherapy, and personalized strengthening and exercise programs. Whether you are a weekend warrior or a pro athlete we can help you regain your competitive edge.

### Commonly utilized therapeutic procedures at the Clinic can include:

- **Pain Management** — Traditional chiropractic, cryotherapy, ultrasound and electrical stimulation.
- **Manual Therapy** — Consists of myofascial release techniques, trigger point therapy and stretching.
- **Spine Rehabilitation** — Structural rehabilitation for restoring normal curvatures to the neck and low back.
- **Therapeutic & Rehabilitative Exercises** — Customized for specific conditions, these include stabilizing and stretching, to restore strength, balance and normal pain-free range of motion.
- **Postural Corrections** — Behavior modification, postural exercise and awareness of the activities of daily living with an emphasis on postural correction.
- **Home Management Program** — A short but specific exercise program to maintain your health at home on a self-directed basis.

Dr. Cruz will assess your situation and put together a coordinated plan for your recovery and maintenance.



## Committed to your success.

Dr. Cruz and the staff at Spine & Sports Clinic are committed to your success. They take the extra time for your specific needs including:

- **Patient Education** — Understanding your condition is essential to your successful recovery and achieving your goals.
- **Individual Attention** — One-on-one treatment, based on your individual needs, results in swift recovery.
- **Goal Setting** — Your rehabilitation plan will be tailored to fit with your lifestyle.

For conditions ranging from simple sprains and tendonitis to the more challenging situations of scoliosis, herniated discs, and sciatica, Spine & Sports Clinic is your best choice for treatment.

The Clinic is located adjacent to 24 Hour Fitness which can be utilized during your rehabilitation.

See us at [www.spinesportsclinic.com](http://www.spinesportsclinic.com)