



**CHIRO-MEDICAL
GROUP inc.**

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CHIRO-MEDICAL IN THE COMMUNITY

TEAM IN TRAINING:

Recently Dr. Taylor Rabbetz attended the Fall kick-off of The Leukemia & Lymphoma Society's Team in Training on the UC Berkeley Campus. Chiro-Medical Group has been a part of this event for many years, and we are excited to be a team member for years to come.

AVP PRO BEACH VOLLEYBALL IN SAN FRANCISCO

The AVP Pro Beach Volleyball Tour returned to San Francisco this September for its annual tournament visit. Chiro-Medical Group's own Dr. Hal Rosenberg again served as Medical Director for this marquee event.

This tournament featured U.S. Olympians from Beijing including Gold Medalists Misty May-Treanor, Kerri Walsh-Jennings, Todd Rogers, and Phil Dalhausser.

SAN FRANCISCO INTER- NATIONAL CHILDREN'S GAMES.

The San Francisco International Children's Games which was held in July brought together 1,500 athletes, 12 to 15 years of age, from 100 cities representing 50 countries from around the world. Some of the events included track and field, tennis, swimming, volleyball, soccer, table tennis, basketball and golf. Chiro-Medical Group's own Dr. Taylor Rabbetz was the Medical Director for this event.

WHAT IS THAT ATHLETIC TAPE AT THE OLYMPICS?



What was that black marking on Beach Volleyball gold medalist Kerri Walsh's shoulder in Beijing? It is called Kinesio Tape which is an elastic taping used in chiropractic, rehabilitation and sports medicine. Developed 25 years ago by Japanese Chiropractor Dr. Kenzo Kase, it is now getting recognition and is used by top athletes such as Lance Armstrong and David Beckham in addition to Walsh. Kinesio Tape works by giving support like a flexible brace. It helps improve healing,

activate weak muscles with neurological awareness or proprioception, corrects joint function, and improves circulation. Kerri Walsh had a recent rotator cuff surgery.

In Lance Armstrong's book *Every Second Counts*, he refers to Kinesio Tape as *Something better than any laser, wrap, or electric massager...The Tape...and (it) seemed to have magical powers.*

How Does Kinesio Tape Work?

When properly applied, the tape is barely noticeable. The practitioner places it on slightly stretched skin from one end of the muscle to the other, with varying amounts of stretch to the tape.

The tape gives free range of motion and allows the body's own muscular system to heal itself biomechanically. Application of Kinesio Tape encourages muscles to function as they would if they didn't need the tape.

Our Doctors and Therapists have used Kinesio Tape for many years to help their patients.

ERGONOMICS IN THE WORK PLACE:

Dr. Scott Calzaretta held his monthly talk about ergonomics in the work place at UBH (United Behavioral Health), a local San Francisco Company. This talk is part of Chiro-Medical Group's Brown Bagger program, where one of our Doctors will come to your office to talk about one of many topics. These talks are full of great tips on how to stay healthy and remain productive at work. If you are interested in having a Brown Bagger talk at your company, contact us today.

NEW ONLINE STORE:

Chiro-Medical Group is proud to announce our new online store **CMGHealth.com**. We are excited to offer our patients products that will help them live and maintain a healthy lifestyle. Visit it today!

PAY ONLINE OPTION:

Now Chiro-Medical Group offers a new way to pay your bill online. Simply click on the Pay Online at chiromedicalgroup.com. You will then be sent to a secure part of our website where you can pay your current balance, or just make a payment in any amount.

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GET TO KNOW OUR NEW TEAM MEMBERS



Richard Tunkel, MD

Dr. Richard Tunkel practiced for several years as a Doctor of Chiropractic before going to medical school, which he completed in 1987. He completed his residency training in Physical Medicine and Rehabilitation (PM&R) in 1991 at The New York Hospital - Cornell Medical Center and became board-certified the following year. He also is the former Director of Rehabilitation at Sloan-Kettering in New York. He then moved to California, where he began seeing patients with subacute and chronic pain. Dr. Tunkel looks forward to working with the other health care providers at Chiro-Medical Group and helping to provide the optimal, multidisciplinary care to patients.



Lee Wolfer, MD, MS

Dr. Lee Wolfer is Board-certified in both Physical Medicine and Rehabilitation (PM&R) and Pain Medicine. She is also Board-eligible for Sports Medicine. She completed her MD and MS at the University of California, San Francisco and did her residency in Physical Medicine and Rehabilitation at Harvard Medical School. Dr. Wolfer looks forward to helping our patients with their pain management and rehabilitation needs.



Anne Williams, MD

Dr. Anne Williams has been practicing as a Family Physician in the Bay Area for 20 years, having completed her residency in Family Medicine at the University of Colorado, Denver, with board certification in Family Practice in 1988. She graduated with an M.D. from Baylor College of Medicine in 1985, and a bachelor's in Biology from Vassar College in 1977. Dr. Williams obtained a Masters Degree in Chinese Herbology and Acupuncture from the American College of Traditional Chinese Medicine in San Francisco. Dr. Williams is a welcomed addition to our medical staff.



Lisa Paradiso, PT

Lisa received a Masters of Physical Therapy from Shenandoah University in Virginia in 2001. She is a certified Pilates Mat Instructor and has had additional training with the reformer, which gives her an in depth understanding of the necessity of core strength in relation to total body fitness and rehabilitation. Lisa enjoys working with a diversity of patients and has had extensive experience treating patients with spinal dysfunction, sports related injuries and post surgical conditions. As a former collegiate cyclist and softball player, Lisa enjoys helping people return to their sports and activities and looks forward to helping our patients get back to an active lifestyle.