

Active Release chiropractors, give injury evaluations and care at Aliso Viejo Relay for Life

By Admin

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Dr. Sebastian Gonzales and Dr. Paul Barkmeier, Active Release chiropractors, were able to identify and correct injuries of walkers at annual Relay for Life charity event. Participants were able to walk longer and build cancer awareness.

ALISO VIEJO, CA 8/15/2009 – Just about every city in Orange County hosts a Relay for Life event, an annual 24-hour event to benefit cancer research. During this event, participants attempt to raise money and awareness of cancer by walking for the full 24-hour period. This is no small task even for the marathon runners, but many of the participants are not in this type of shape. As a result, this is a huge task for most of the team members and results in injuries, pain and frustration. Pain on a day of celebration is a real “mood killer.”

Dr. Barkmeier and Dr. Gonzales were team captains at the Newport Beach Relay earlier this year and they recognized a trend. Participants walk a few laps, came off the track, stretched on the sidelines and headed back over to their team’s camp. “Some of these people only walked maybe for 15 to 30 minutes before they had to go sit down and take a break,” Dr. Gonzales noted. “We could see they wanted to walk but something was holding them back.”

“After talking to many of these people, I could see their frustration,” said Dr. Barkmeier. “This is a huge event for most of the participants. It is not just a one day event but rather months and months of work with a lead into the big event.”

Dr. Gonzales and Dr. Barkmeier offered complimentary injury/ pain evaluations and treatment at the Newport Beach Relay for Life; it was a great success. “People seemed to respond really well to the treatment,” stated Dr. Barkmeier. “We are very proud of the immediate relief we can provide with ART® and this is exactly what these people need to keep walking.” Some received Active Release Technique® (ART®), the official soft tissue care of Ironman® Triathlons, and others received a chiropractic adjustment. The popularity of their services resulted in an invite to provide the same services at the Aliso Viejo Relay where they were stationed in the Aliso Viejo Aquatics Center camp.

About Relay for Life

Relay for Life is one of the largest charity events for cancer awareness and can boast as being the most cost effective events of all. Currently over 75% of every dollar donated will be used for cancer research.

About Dr. P. Cris Barkmeier and Dr. Sebastian Gonzales

Both are graduated with Bachelor’s degrees from California State University, Long Beach and continued their education as Doctor of Chiropractic from Southern California University of Health Sciences. Dr. Gonzales is a Certified Strength and Conditioning Specialist for the NSCA and also a certified medical provider for the Titleist Performance Institute (TPI). Dr. Barkmeier has run numerous marathons and

worked with many long distance and endurance athletes. Both doctors are part of the Ironman® Provider Network. As a result, many of their clients are runners, cyclists, swimmers and golfers. Both are full body certified Active Release Technique® providers. Dr. Gonzales and Dr. Barkmeier practice in Orange County, California at Orange County Pain Management. For more information and location, visit <http://www.OrangeCountyPainManagement.com>

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