

Active Release chiropractors, give injury evaluations to Aliso Viejo Aquatic Center visitors.

By Admin

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Dr. Sebastian Gonzales and Dr. Cris Barkmeier, Active Release chiropractors, gave in-depth assessments at the Aliso Viejo Aquatic Center visitors. Biomechanics were assessed in an effort to predict and prevent future injury. Swimmers were impressed

ALISO VIEJO, CA 8/19/2009 – Have you ever thought maybe the pain in your shoulder has a bit more to it than just inflammation in the shoulder itself. Ever thought about how a different injury, or even just tightness, in a different part of your body could have caused the injury in the first place? Answers to these types of questions were addressed by two Active Release® (ART®) chiropractors at the Relay for Life on Saturday.

Dr. Sebastian Gonzales and Dr. Cris Barkmeier volunteered as an “information and treatment booth” at the Aliso Viejo Aquatics Relay for Life team camp on Saturday August 15th. The popularity of their services brought a need for a second wave, which was held at the aquatic center itself.

The Aliso Viejo Aquatic Center is one of the premier public complexes in the South Orange County area, which is equip with a Junior Olympic 5-lane lap pool, recreation and children’s pool. “All kinds of people swim here, from water aerobics to swim lessons and most of them have questions about their bodies,” stated Dr. Barkmeier. “We just want to help educate people and answer these questions.”

Dr. Sebastian added, “Although there is a lot of useful information on the Internet, looking for ways to ‘self-diagnosis’ is probably not the best thing to do. People can further injure themselves if they’re wrong. This is the whole reason why we are doing this.”

Both doctors believe assessment of how the body works as a whole will give the clearest picture of why someone has current or even future injury. “I can tell you in all certainty, if you body does not have the movement and strength necessary to function effectively in every day activities, you will develop an injury if you don’t currently have one,” added Dr. Gonzales.

Injury evaluations were held from 4 – 7 PM on Wednesday the 19th of August. Payment was required to enter the aquatic center but evaluations were “on the house.”

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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