



### **Chiropractic Care**

Our professional staff of Chiropractic Doctors emphasize improving your joint mobility and muscular function in an effort to reduce the risk of painful injury in the first place. Most people would rather avoid developing a painful condition, if they could. This is one of the main reasons for the big surge in the popularity of preventive health care and wellness.

### **Corrective Exercises**

We teach our patients special strength, endurance, and stability exercises to help correct their own unique problem. In most cases, these exercises can be performed in the comfort of your own home and can improve the effectiveness of your treatments. Specific exercises and stretches can help your body recover from an injury more rapidly and, if continued, can help prevent the issue from developing again.

### **Lifestyle Advice**

We often find it helpful to "coach" our patients on certain activities they should avoid or do differently to avoid aggravating their particular health challenge. Our goal is to help every patient achieve a fulfilling and happy lifestyle full of the activities they enjoy most. We recognize that each of our patients is a whole person, and helping them reach true health and wellness is a collaborate effort between our professionals and our patients.

### **Nutritional Counseling**

We provide specific recommendations on nutritional supplements and healthy food choices to enhance our patient's return to optimal health. Do you know which supplements and vitamins are good for you? Do you know how these supplements and vitamins interact with one another? Dr. Ron Cottrell can provide a structured nutritional program based on your individual needs.

### **Massage Therapy**

Massage therapy offers a natural conservative treatment approach that relieves musculoskeletal pain for many patients. Our office provides specific massage and muscular therapy that is tailored to meet the patient's condition and injury. The benefits of massage therapy may include increasing blood circulation, reducing swelling, relaxing muscles, relieving muscle pain and spasms, and aid in recovery and range of motion.

### **ADDRESS FOR ACTIVE MOBILITY**

Active Mobility Chiropractic Rehabilitation Group  
1680 South Melrose Drive, Suite 105  
Vista, CA 92081  
Phone: 760-599-4900  
Fax: 760-599-9037  
Email: [active.mobility@att.net](mailto:active.mobility@att.net)

### **Hours:**

**Mon – Thurs:** 8AM -12PM, 3PM - 6PM  
**Friday:** 8AM -12PM  
**Sat, Sun CLOSED**

*Thank you Active Mobility for your 10+ Years of support for Vista Pop Warner – VPW Board*