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FOR IMMEDIATE RELEASE

Dr. Matt Sanicki receives certification with Titleist Performance Institute for professional golfer performance

San Diego, CA (April 2008) – Dr. Matt Sanicki announces his recent certification with **Titleist Performance Institute**, providing fitness evaluations and therapeutic exercise programs for professional and amateur golfer. This system involves putting golfers through a detailed physical examination that is specific to golf movements. The individual results are then used to prescribe an exercise program for their biomechanical needs.

The newest member of this specialized program is golfer Steve Stuart, a former Arizona State University stand out, who is training in preparation for PGA tour qualifying school. **"Working with Dr. Sanicki has been a life changing experience in my personal life on and off the golf course. If you are looking to elevate your career for any type of sport I would highly recommend the Doctors and staff at San Diego Center for Health,"** states Mr. Stuart. Dr. Sanicki works directly with golf instructors and fitness professionals to help his patients lower their handicap and achieve fitness goals. The workouts can be viewed online at TPI's award winning website www.myTPI.com.

Dr. Sanicki recently participated in the 16th Annual Fresh Start for Kids Celebrity Golf Classic, hosted by actor Alfonso Ribeiro from Fresh Prince of Bel Air. Dr. Sanicki provided on-site treatment to celebrity golfers and participants. "We are proud to be part of the Fresh Start for Kids Celebrity Golf Classic and include our partners from Pharmanex who provided complementary antioxidant screenings at the event," says Dr. Sanicki.

Dr. Sanicki serves as the team chiropractor for San Diego State University Ice Hockey team who won the **2008 PCHA Championship** and took **2nd place at the ACHA Division III National Championships**. The success of the team has lead athletic trainer Nikki Blanchflower to **incorporate chiropractic care into other State athletics**. Dr. Sanicki has been asked to tour the Sports Medicine Department at SDSU and is looking forward to working with Head Athletic Trainer Don Kessler in upcoming seasons.

Dr. Sanicki is pleased to announce that he is now a fully certified **Active Release Technique Practitioner**. He is also a **Certified Kinesio-taping Provider** and uses this technique in conjunction with A.R.T and therapeutic exercise programs to rehabilitate or prevent injuries. "Here at San Diego Center for Health, we feel it is important to keep at the forefront of chiropractic care. Active Release and K-taping are great therapies and have been a nice addition to our professional services. Athletes love receiving treatment at the Center and then having the tape for support during their sport," states Dr. Sanicki.

About San Diego Center for Health

Established in 2003, **San Diego Center for Health** is a full service health and wellness center. Professional services include chiropractic care, exercise rehabilitation, deep tissue massage, radiology and diagnostic imaging, nerve

conduction velocity testing, athletic and kinesio-taping, Active Release Technique®, Graston Technique®, custom-fitted orthotics, flexibility training, strength and conditioning, sports nutrition, acupuncture and Chinese herbs.

The Spa at San Diego Center for Health offers a range of aesthetic and therapeutic treatments include customized facials, glycolic peels, microdermabrasion, waxing, Swedish massage, motherhood massage, reflexology, lava stone therapy and aromatherapy. The Spa at SDCH also offer Endermologie® which is FDA-approved to reduce and minimize the appearance of cellulite and is considered to be the benchmark for overall body contouring.

San Diego Center for Health mission is patient/client education which is emphasized by the knowledge about one's current state of health and wellness, the road back and how to sustain it. SDCH's team of professionals include chiropractors, exercise physiologists, holistic healthcare practitioners, massage therapists, endermologist, acupuncturist and esthetician. The professionals at San Diego Center for Health have the education, experience and passion to help achieve optimum mind, body and spirit.

For more information, please visit our website at www.sdcenterforhealth.com. San Diego Center for Health is centrally located in Mission Valley at 2667 Camino del Rio S. #112 B San Diego, CA 92108.