



Phone: (619) 544-9700  
Email: info@sdcenterforhealth.com

*FOR IMMEDIATE RELEASE*

## **San Diego Charger Girls and e2k Sports announce Dr. Mindy Mar and San Diego Center for Health for Chargers 2010-11 Season**

**San Diego, CA** (May 1st, 2010) – San Diego Charger Girls and e2k Sports are pleased to announce their continued partnership with **Dr. Mindy Mar** and **San Diego Center for Health** as the Official Health and Wellness Center for the **San Diego Charger Girls**. Dr. Mar serves as the game day treating doctor for the San Diego Charger Girls providing on-site healthcare, injury prevention, physical rehabilitation and emergency aid.

“Professional cheerleaders and dancers rank very similarly to Olympic gymnasts and runners when comparing athletic endurance and stress on the body. The more demanding the athletic skill for performance, the higher the risk of sports-related injuries becomes,” **says Dr. Mar**. “I am passionate about advocating the athletic demands of professional cheerleading and very much look forward to serving the 2010-11 Charger Girls squad.”

Professional cheerleading is a non-contact sport however the body is still subjected to a great deal of violent impact. The risk of fast twitch power moves and tumbling can result in injuries ranging from sprained ankles and soft tissue damage to more catastrophic injuries such as concussions, broken bones, and trauma to the neck and back.

"Dr. Mar contributes greatly to our success on game day providing us with the tools and resources we need as professional NFL Cheerleaders," **states Lisa Simmons**, director of the San Diego Charger Girls. "The on-site healthcare services she provides aids in the restoration and maintenance of the complete health needed to perform successfully on the field. She is always available to us and always there to help us bounce back from injuries and achieve our highest state of health. "

The San Diego Charger Girls on-site healthcare includes chiropractic adjustments, athletic and kinesio-taping, physiotherapy, soft tissue therapy, strength and conditioning exercises and stretching protocols. "SDCH is a caring and highly qualified multi-specialty wellness team committed to helping our team achieve our health and lifestyle goals," says Lisa Simmons.

## **About San Diego Center for Health**

Founded in 2003, *San Diego Center for Health* is a full service health and wellness center specializing in sports medicine and biomechanical rehab. Professional services include chiropractic, exercise rehabilitation, Graston Technique®, Active Release Technique®, kinesio-taping, athletic taping, physiotherapy, deep tissue massage, Endermologie®, radiology and diagnostic imaging, nerve conduction velocity testing, custom-fitted orthotics, flexibility training, sports nutrition, and spinal decompression.

San Diego Center for Health's mission is patient/client education, emphasized by the knowledge about one's current state of health and wellness, the road back and how to sustain it. For more information, please visit our website at **[www.sdcenterforhealth.com](http://www.sdcenterforhealth.com)** or call (619) 299-1200.

### Mission Valley

2020 Camino Del Rio North, Suite 1020  
San Diego, CA 92108

### Downtown

406 9<sup>th</sup> Avenue, Suite 206  
San Diego, CA 92101