

RUMEL M. LLANTADA, D.C.

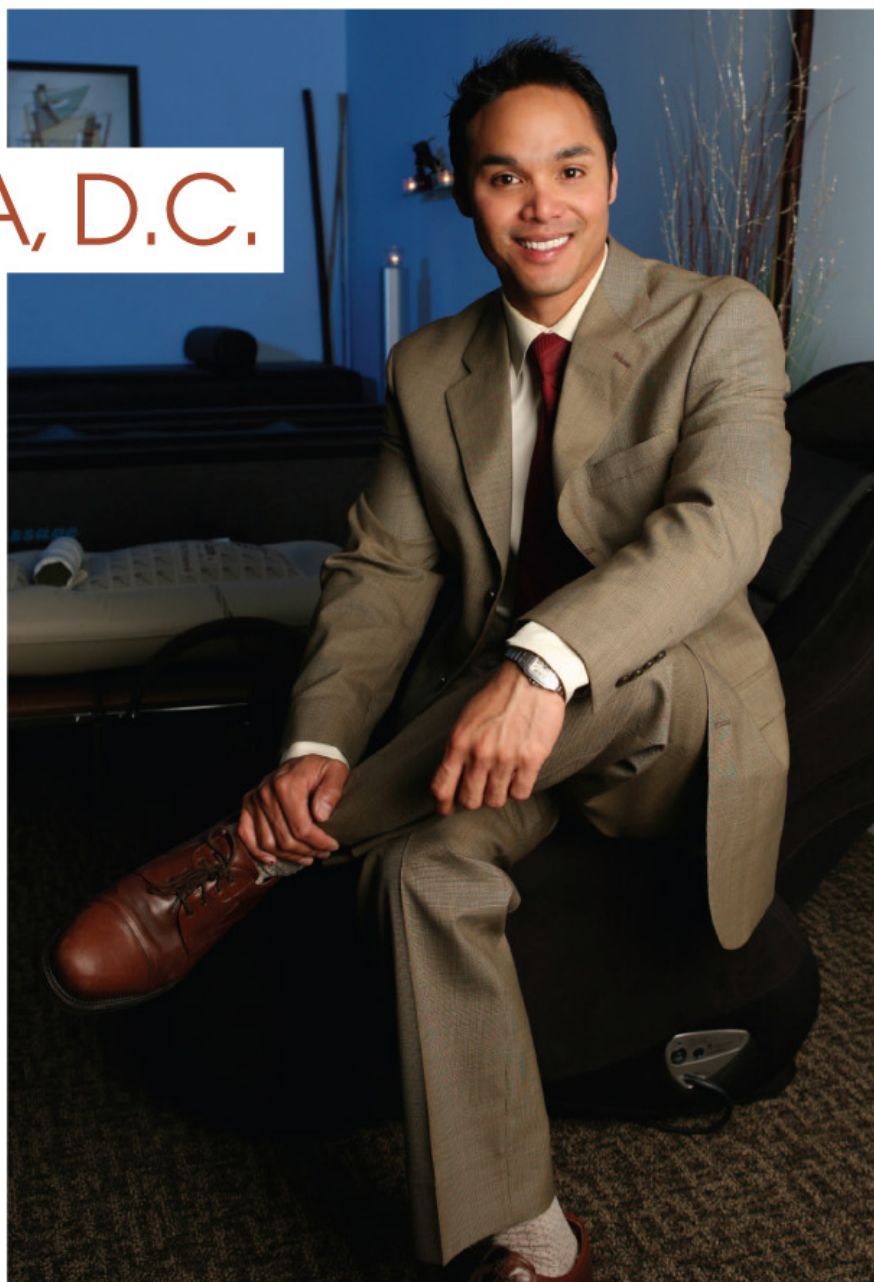
Chiropractor

San Diego Center for Health
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Professional athletes like Akbar Gbaja-Biamila, Freddie Jones and Brian "Skip" Hicks trust Dr. Rumel M. Llantada and the San Diego Center for Health to optimize their performance and health. As a full-service health and wellness center, San Diego Center for Health offers chiropractic care, exercise rehabilitation, physiotherapy, diagnostic imaging, tissue therapy and nutrition counseling to keep patients at the top of their game.

Dr. Llantada is sought out nationwide by NFL players, Olympians, pro golfers and is the team chiropractor for the San Diego Gauchos professional soccer team. Nonathletes also look to Dr. Llantada for the comprehensive care he provides. "I treat every patient like I would a professional athlete," he explains. "I take time to carefully evaluate and examine all patients on an individualized level to optimize their health and well being."

Patients of all ages and backgrounds come to Dr. Llantada seeking relief from injuries, chronic pain and stress. Optimal health is achieved by addressing and maximizing three main components: physical (structural), chemical (nutrition) and emotional (stress). His team uses a wide array of treatment strategies, including state-of-the-art diagnostic testing, the Graston Technique®, in which special instruments break down scar tissue and rehabilitate the surrounding structures, and Kinesio Taping®, which stabilizes an injured area to prevent further damage. At the center's day spa, clients enjoy facials, airbrush



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**"WHETHER YOU'RE A PROFESSIONAL ATHLETE OR YOU
WORK ON YOUR FEET FOR A LIVING, EVERY PATIENT
DESERVES THE SAME QUALITY CARE."**

tanning, waxing and Endermologie®, a nonsurgical procedure that reduces the appearance of cellulite, reshapes the body and improves skin tone.

To provide comprehensive healthcare, the center has a broad referral network with other specialists, including M.D.s, physiologists, massage therapists, estheticians, athletic trainers

and acupuncturists.

San Diego Center for Health is conveniently located in Mission Valley and offers complimentary on-site corporate screenings.

"Whether you're a professional athlete or you work on your feet for a living," says Dr. Llantada, "every patient deserves the same quality care."