

In 2003, I was playing in the USTA National 4.5 Senior Team Tennis Championships with lower back pain, hamstring tightness and torn rib cage muscles. I was struggling to be able to compete so I had to get into the training room at the event. While being treated by the on sight

trainer/chiropractor for person treating me definitely use the chiropractor when I get to contribute as well (4th place finish), as I because of my injuries. got back to my tennis of my first tennis Brian Long. I situation to him, and by court a few hours later, to call the Renaissance



and ask for Doug. Dr. Doug Long began treatment on me soon after, and I could feel my body feeling more pain free slowly over time. Not until I began feeling better did I realize that my lower back and hamstring problems were more chronic than I had known. Well, my team got back to the Nationals in 2005, and being pain free I was able to help my team become the Nationals Champions. This time, being able to move and play pain free certainly helped me be to contribute to my team's success. I thank Dr. Doug for helping me to achieve quite a wonderful goal for my team and me.

the rib cage injury, the mentioned that I could expertise of a back home. I didn't to my team's success would have liked Coincidentally, when I club-teaching job, one lessons was with mentioned my the time I got off the there was a message Chiropractic Center

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