

## ***John Foland- Chiropractic Physician***

Hello! My name is John Foland and I am a Chiropractic Physician (DC) and a Certified Chiropractic Sports Physician (CCSP). I am originally from Ohio, where I attended Walsh University and received my Bachelor of Science (BS) degree in biology pre-med. I moved to Oregon in 1997 to attend Western States Chiropractic College, where in four years, I obtained my chiropractic degree. I currently have a license to practice in Oregon and Ohio.

As a chiropractic physician, I enjoy treating people from all walks of life. My primary course of treatment is chiropractic manipulation. I also utilize therapeutic modalities such as ultrasound, electrical muscle stimulation, and soft tissue therapies. I am certified in the Graston technique, which is a deep tissue/muscle mobilization procedure that is helpful in decreasing muscle tightness, resolving scar tissue, and reducing muscle trigger points. I commonly treat conditions such as low back pain, hip pain, lower and upper extremity injuries, TMJ dysfunction, and headaches. Running related injuries are a special interest of mine. I give my patients stretches and exercises to aid in the healing and recovery process. Proper training advice is given as needed.

As a CCSP, I have experience in treating various types of athletes. I have had the pleasure of working with people who are just starting an exercise program, up to Olympic-caliber athletes. I have worked on staff at various national track and field and cross country events. I have been running competitively for over 20 years and have a 2:30 marathon as my personal best. Running for these years, coupled with the knowledge gained through my education, enables me to treat injuries properly, and personally relate to how an injured athlete feels. I know how frustrating it can be to miss a run, walk, or event due to an injury. Therefore, my motto is, "a healthy athlete is a happy athlete."

If you have any questions concerning a condition you have, or need advice on an upcoming race, please feel free to contact me at the below information or visit me at Fit Right Northwest for "Meet the Expert Night."

Yours In Health,

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