

# CHIROPRACTIC



**BACK IN MOTION**  
SPORTS INJURIES CLINIC, LLC

## Steve Hanson, DC, CCSP

### Education

Dr. Hanson received a bachelor's degree in Biology from the University of South Dakota and his Doctorate from Northwestern College of Chiropractic. His involvement in NWCC Sports Council led to a internship at one of Southern California's top sports injury clinics.

While finishing his doctorate he learned multiple soft tissue and advanced taping techniques. He credits his hands-on experience with pro athletes, Olympians, collegiate, and recreational athletes while in California as the basis for many of his treatment protocols.

Dr. Hanson obtained Certified Chiropractic Sports Physician and Certified Strength and Conditioning Specialist designations during 2004.

### Personal Philosophy



Dr. Hanson respects the challenge of overuse injuries and has a strong appreciation for the soft tissue component occurring with each injury. He uses several myofascial release methods including Graston Technique® to stimulate the healing process.

Dr. Hanson often applies Specific Proprioceptive Response Taping (SPRT) to dynamically support specific



structures while enhancing the movement of uninjured tissues along with myofascial release. He also utilizes therapeutic stretching and strengthening along with chiropractic manipulative therapy.

He has been a competitive athlete since youth. His experience dealing with his own injuries has given him much better understanding of the different phases each injury requires to properly heal. "I look forward to my personal experience and advanced education helping patients return to top health. You don't have to be an elite athlete for me to treat you like one!"

### Experience with Excellence

Dr. Hanson worked medical for the 2008 US Olympic trials. He's provided medical for the U.S. Pre-Olympic Trials, Dew Action Sports Tour, X-Dog Events, and served as team physician for the Southridge varsity football team. He has many hours at multiple athletic training rooms for high school, collegiate, and semi-pro athletic venues.

### Office Hours:

Monday 12:00pm - 6:00pm  
Tuesday 2:00pm - 8:00pm  
Wednesday 7:00am - 1:00pm  
Thursday 2:00pm - 8:00pm  
Friday 7:00am - 1:00pm

The initial visit, including history, examination and consultation, will take approximately one hour.

Dr. Hanson is a member of the National Strength & Conditioning Association and has achieved CCSP status with the American Chiropractic Board of Sports Physicians. He also is a member of the ACA Sports Council. He has active memberships in the United States Tennis Association, Red Lizard running club, and has worked with many Team In Training members.



**HANDS ON CARE OF  
SPORTS INJURIES**

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