

CHIROPRACTIC



BACK IN MOTION
SPORTS INJURIES CLINIC, LLC

Tamara Lovelace, DC, CCSP

Dr. Lovelace graduated summa cum laude as the valedictorian from Western States Chiropractic College in 2001. She received her Bachelor of Science from the University of Alberta with a double major in Physical and Biological Sciences, and in 2004 Dr. Lovelace completed an intensive residency program in chiropractic radiology. In 2005 she completed a program in advanced sports medicine that gives her the designation of Certified Chiropractic Sports Physician (CCSP). She is an active member of the American Chiropractic Association as well as the ACA Sports Council, and looks forward to increasing her involvement in the world of chiropractic sports medicine.



Invitational Cross Country Meet, the Nike Pre-National Cross Country Meet, and the Dew Action Sports Tour among others. She assists several local high school teams, and has worked with Aloha High School as their team doctor since 2003 and the Southridge Girls Basketball program since 2004.

Special Interests

Dr. Lovelace grew up in Vancouver, British Columbia. She was an accomplished classically trained ballerina competing and performing nationally as well as internationally, and has performed with various professional dance companies, including the Pacific Northwest Ballet, Ballet BC, the National Ballet of Canada, and the Royal Winnipeg Ballet. Since then she has been involved in competitive paddle sports, including dragon boat and outrigger canoe racing. She has been a member of several elite teams that have received top level designations in both national and international competitions, including representing the United States in 2006 at the Club Crew World Championships. She is currently training to represent the United States at the 2008 Club Crew World Championships in Penang, Malaysia.

Personal Philosophy

Dr. Lovelace hopes to use her chiropractic and sports medicine training, along with her athletic experiences and biomechanical knowledge of the human body, to help her patients reach their full athletic

Office Hours:

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

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

potential and improve their quality of life. She recognizes the amazing difference chiropractic has made in helping her to attain her optimal performance in her own athletic endeavours and is intends to help others to do the same. She uses a variety of techniques to assist her in this endeavour, including chiropractic manipulative therapy, physical therapy modalities, Graston Technique, soft tissue massage, nutritional support, stretching, and strengthening exercises. When necessary, Dr. Lovelace will refer her patients for other services that will help them in attaining their goals, as she feels that the patient's health care goals are the first priority.



**HANDS ON CARE OF
SPORTS INJURIES**



Experience with Excellence

Dr. Lovelace lectures on radiology and sports injuries at various continuing education seminars. She offers radiologic consultation services to chiropractors and radiology technologists on film reading and optimizing the operation of their radiology facilities. Dr. Lovelace volunteers her time and efforts at many events. She has provided chiropractic services to the Wiggles and the American Idol Tour, in addition to volunteering her expertise at various sporting events, including the U.S. Figure Skating Championships, the Nationwide PGA Tour, the Jim Danner

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