

ABOUT US

Santa Monica Sports Medicine is an integrative practice combining General Practice, Chiropractic, Massage Therapy and Sports Rehabilitation to provide comprehensive, complete health care. Our approach goes beyond traditional medicine for we seek to determine why your condition has become a problem. The solution is to fix the cause of your problem, rather than just removing your symptoms. Our goal is to help out patients make permanent changes in their structure so they are less prone to injury in the future.

MONDAY - THURSDAY

8AM TO 7PM

FRIDAY

8AM TO 1PM

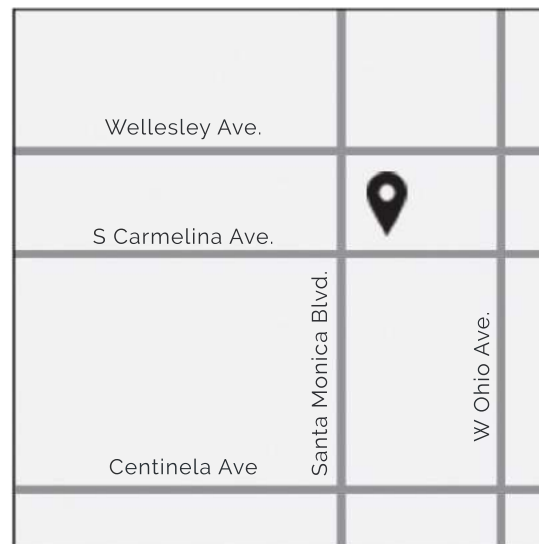
SATURDAY

8AM TO 2PM

SUNDAY

CLOSED

12340 Santa Monica Blvd.
Los Angeles, CA 90025



SANTA MONICA
SPORTS MEDICINE

- est. 2007 -



SERVICES



CHIROPRACTIC THERAPY

Dr. Mary Trumpi is a Certified Chiropractic Sports Physician. She has over 20 years experience working with a wide variety of injuries and patients.

PHYSICAL THERAPY

Physical therapy treats many injuries, involving the muscles, bones, ligaments, fascias, and tendons.

DEEP TISSUE MASSAGE

We have years of experience working on top athletes and bodybuilders, and have helped so many people recover from injuries.

ACUPUNCTURE

Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force — known as chi — believed to flow through pathways (meridians) in your body.

LOCALIZED CRYOTHERAPY



Localized cryotherapy is the application of cryogenically cooled air, using a controlled beam of vaporized liquid nitrogen to a specific area of the body. This treatment is designed to decrease inflammation and swelling in the targeted area. It is perfect for any strain, sprain, ache or injury and allows for faster recovery. With such an intense cooling effect, the local area treatment only needs to be conducted for 5-10 minutes.

BENEFITS OF LOCALIZED CRYOTHERAPY

- Decreased pain and swelling in an area
- Decreased inflammation
- Increased recovery

\$PRICE

COMPRESSION THERAPY



Compression therapy uses compressed air to massage the arms, leg, or hips. The compressed air creates a pulsing pattern that works its way up from the hands or feet and moves blood and metabolites out of the tissue. Help your legs feel fresh. Compression therapy helps you recovery more quickly to get you back in the game.

BENEFITS OF COMPRESSION THERAPY

- Increased circulation and oxygen to tissues
- Decreased muscle soreness and fatigue
- Decrease in water retention

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