

## Our Mission

Our office is a multidisciplinary clinic that offers one-on-one care in a state-of-the-art facility.

We offer a one stop source for complete relief of pain and discomfort. We treat a wide variety of conditions focusing on the entire body.

Some of these conditions include:

- Neck/Back Pain
- Whiplash Injuries
- Migraines
- Chronic Tension Headaches
- TMJ Discomfort
- Rotator Cuff Problems
- Extremity Pain
- Carpal Tunnel Syndrome
- Joint Pain
- Numbness/"Pins & Needles"
- Sciatica
- Scoliosis
- Sports Injuries
- Chronic Pain Syndromes
- Muscle Spasms
- Post-surgical Rehabilitation
- Pregnancy-related Issues



## Our Focus

We provide services to those who have new complaints, chronic history of discomfort, or recent post-operative recovery needs.

We assist patients to return to their normal activities as soon as possible by delivering the highest-quality care with focus on stability, balance, flexibility, strength and endurance.



We continue this focus by developing proper posture, correct biomechanics, ergonomics and nutrition.

We accomplish these objectives by offering our patients an integrated approach to healthcare that combines physical therapy, massage therapy and chiropractic manual therapy.

## Your First Visit

Your first appointment starts with a warm welcome when you enter our office. We'll answer your questions and help you meet the challenges your physical condition has presented.

This attitude continues during the new patient examination and is achieved with a discussion of exam findings relating to your physical condition.

You will be given one-on-one attention and an individualized exercise therapy program.



**Optimum**  
sports & spinal  
Rehabilitation, Ltd.

101 Schelter Road, Suite B 101  
Lincolnshire, IL 60069

Phone: (847)821-1300

Fax: (847)821-1331

## Our Attitude

We are a caring team that can heal pain and provide focused treatment to speed recovery.

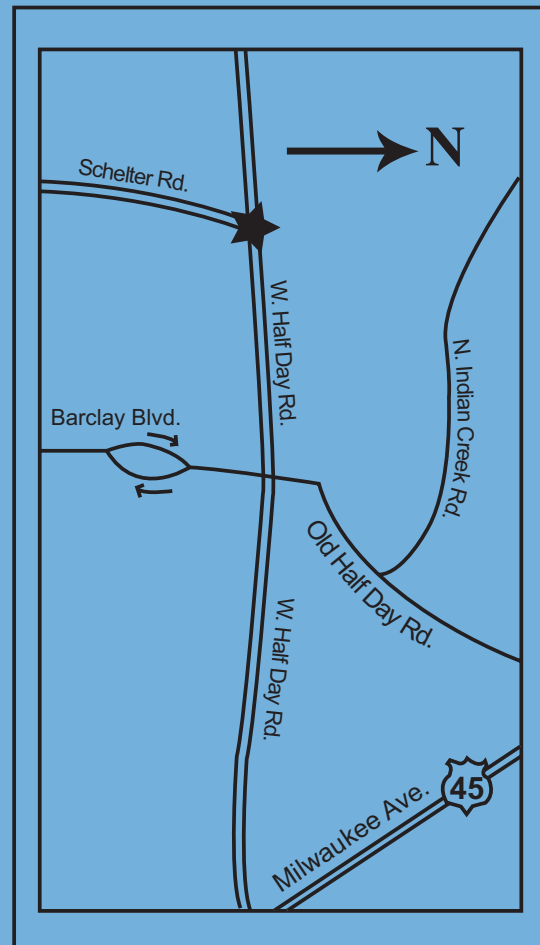
Our professional staff is licensed and/or certified within the State of Illinois.

We offer convenient extended office hours which include early morning, late evening and Saturday morning appointments.

- We accept most types of insurance.
- We welcome children in our office.



Dr. Marc Sing, Chiropractic Physician  
Richard Sebastian, Physical Therapist



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Chiropractic

Physical Therapy

Massage Therapy

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