

Dr. Gail F. Smith D.C.

Dr. Gail F. Smith, Chiropractor, has been in practice for 25 years in Ventura and Oxnard. She brings with her a passion to help people achieve a new level of wellness. This is not a typical practice in that she specializes in Deep Muscle Therapy, Neuro-muscular Re-



Caption describing picture or graphic.

education and Restorative Exercises. Her patients range in age from infancy to 101 years old. We are never too young or too old to start taking care of our health.

“Remember it is easier to stay well, than to get well!”

Restorative Exercise

**It's easier to stay well,
than to get well!**



**Dr. Gail F. Smith D.C.
445 West Fifth St.
Oxnard, Ca. 93030
Phone: 805 385-3444
Fax: 805 487-1650**

Channel Islands Chiropractic

Channel Islands Chiropractic

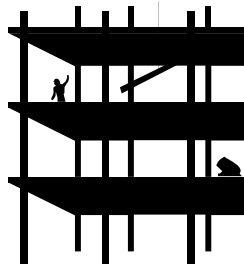
Te1: 805 385-3444

What are Restorative Exercises?

Restorative Exercise is an educational exercise program that is designed to maximize muscle use and minimize inappropriate joint force. These simple exercise teach individuals how to manipulate the physical forces of muscle, gravity, and torque to reduce "red flags", increase human performance, and decrease soft tissue damage normally associated with aging and over training.

Using Restorative Exercise as a regular exercise program ensures that correct movement patterns are always being used, which increases circulation, muscle use and calorie expenditure.

Optimal movement mechanics have significant effects on knee pain, oxygen intake, blood pressure, back injury, osteoporosis, balance, flat feet and neck pain.



Wellness

Restorative Exercise™ programs affect more than just fitness levels. Chronic pain and disease issues are primary concerns that should be addressed before attempting a general exercise program.

Optimal movement mechanics have significant effects on knee pain, oxygen intake, blood pressure, back injury, osteoporosis, balance, bunions, flat feet, and weight gain.

Fitness

Restorative Exercise™ as a regular exercise program ensures that correct movement patterns are always being used, which increases circulation, muscle use, and calorie expenditure.

Why waste time doing it wrong?

Performance

The mechanics of movement are essential to an athlete's performance, whether for enjoyment or competition. Restorative Exercise offers programming specific to your sport. Enhance performance and longevity while decreasing risk for repetitive injury.

Founder of Restorative Exercise

Katy Santiago, M.S. *The Director*
Restorative Exercise™ was created by Katy Santiago, a graduate biomechanics, who found that deep musculature strengthening, kinesthetic training, motor skill improvement, and flexibility exercises could significantly increase the quality of life for the following overlooked population

"Returning the body to its intended movement patterns is a lifelong process. The most difficult part is relearning how to move, but the maintenance is easy. Once your body learns it, moving in this new way will be a constant source of enjoyment and self achievement. "

-Katy Santiago

Channel Islands Chiropractic

Dr. Gail F. Smith D.C.
445 West Fifth St.
Oxnard, Ca. 93030

Phone: 805 385-3444
Fax: 805 487-1650