

STRONG BODY STRONG MIND

BULLETIN

THE MONTHLY NEWSLETTER FOR PATIENTS AND CLIENTS OF GENUINE CARE PHYSICAL THERAPY.
LEARN SECRETS TO KEEP STRONG AND ACTIVE, MAINTAIN INDEPENDENCE AND LIVE FREE FROM MEDICATION



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Doctor of Physical Therapy

SPOTLIGHT OF THE MONTH :

Pace of Aging

How we age has been debated over centuries, and it is only in the last hundred years or so that we've found any practicable answers.

Would you like to live a longer, healthier life?

Blue Zones are regions of the world in which people live much longer than the average life-expectancy of people the surrounding area. That's pretty amazing, right? An example of one blue zone is Loma Linda, an area in America in which, according to National Geographic¹, "some residents live 10 more healthy years than the average American." But, why is that? How we age has been debated over centuries, and it is only in the last hundred years or so that we've found any practicable answers. So, in this post we discuss all things age! From why we age, to what we can do about it. Here we go!

Let's get to the nitty-gritty of the aging process, shall we? It all starts with a little something called 'telomeres.' Telomeres are an integral in human cells; according to Nobel Prize winning researcher Elizabeth Blackburn, "telomeres are the little protective tips at the end of chromosomes." Technicality aside, what is most fascinating about telomeres is that their length directly effects lifespan! Yes, that's right – the

shorter your telomeres are, the shorter you'll live! It is therefore no wonder that people are willing to spend hundreds of dollars finding out how long their telomeres are, right? One thing to note, though, is that if the length of one's telomeres can affect the pace of aging, it can also effect the onset of age-associated diseases. That's a scary though. Luckily, something can be done about it.

Now, I'm here to tell you that lifestyle effects the length of your telomeres. Just take a look at the residents in Loma Linda – they live stronger, healthier, longer lives... Why? Their lifestyle choices!

Here's what I mean: most residents in Loma Linda enjoy a vegetarian diet, they don't really smoke or drink, they do a lot more exercise than the average American, they are out in the sunshine a lot more, thereby acquiring more Vitamin D than most Americans, and – they laugh more.

Ok, so, when it comes to the above lifestyle choices, it's probably nothing new to you. You've heard it all before, but here's the thing: there's

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a difference between hearing something, knowing something, and living something. The residents in Loma Linda live their choices. And with that in mind, let's look at a few particular choices they've made that I really would like to impress on you.

By now, especially with the vegan craze sweeping the world, there is no doubt that you've heard that a vegetarian diet can reduce heart disease, obesity, and your risk of developing cancers. Remember that National Geographic article I mentioned right at the beginning? Well, it goes on to explain that people in blue zones eat "a biblical diet of grains, fruits, nuts, and vegetables," so would it surprise you if I said they have significantly lower numbers of diseases there, too? If you're not religious, that's alright. But it doesn't take a theologian to understand that diet directly affects longevity! And better yet, did you know that there is strong evidence suggesting that a vegetarian diet can reduce the shortening of your telomeres, as well? Now you're listening! Here's how:

1. Vegetarian Diet:

First, vegetarian diets help us to eat more fiber. Fiber is critical for digestion, especially bowel movement, and it helps us control our appetites. How? Well, fiber makes us feel fuller for longer. And not only that, fiber scrubs off toxic wastes in our body just like a dishwashing sponge, too – in other words, there are fewer toxins when you eat fiber, thus fewer factors negatively effecting your telomere length.

Secondly, a vegetarian diet contains natural antioxidants which reduce the speed of telomere shortening.

Antioxidants are found in seeds, kiwis, berries, green tea, broccoli, sprouts, red grapes, tomatoes, olives, fish, and other foods rich in vitamins C and E.

But, of course, it's not just about the vegetarian diet. Those who live longer adhere to other lifestyle choices, as well. For example, they are acutely aware of the quantity of food they ingest. Research performed by Jennings, et al.², shows the importance of dietary restriction. Protein-restricted diets, especially early on in life, lead to a long-term suppression of appetite, a reduced growth rate, and an increased lifespan, all of which is related to longer telomeres. Remember, obesity doesn't just increase the risk disease, but speeds up the pace of aging, too. Love-handles do not translate into a longer lifespan!

2. Environmental factors

Environmental factors also play an essential role. Unsafe work environments, pollution, and smoking instantly shorten the length of telomeres. We need to be smart about the situations in which we place our bodies: our work surroundings, where we spend leisure time, and what kind of chemicals we expose ourselves to.

3. Regular Exercises

Let's not forget about doing regular exercises. According to Song et al.³ research, "exercise could reduce harmful fat and help mobilize waste products for faster elimination, leading to reduced oxidative stress and preservation of DNA and telomeres," which means exercising regularly can increase your lifespan! Great news!



The good news is... your aging pace really can be something you control. A healthy lifestyle affects the length of your telomeres positively.

4. Strong supporting system, social network, and close friends

Having a support system, a social network, and close friends are clear factors when it comes to longevity, too. They not only reduce stress – which acts negatively on your telomere length – but, give you the motivation to continue making healthful lifestyle choices.

5. Religion

And lastly, there is a lifestyle choice that residents in Loma Lima take very seriously: religion. Now, if you're not religious, I'm not trying to preach. I am, however, pointing out that there is a lot of research showing the benefit of faith when it comes to life-expectancy. In work done by Harvard researcher Tyler J Vanderweele frequent attendance of religious services is associated with a significantly lower risk in mortality rates. He suggests that "religion and spirituality may be an underappreciated resource that physicians could explore with their patients."⁴ Food for thought.

So, there you have it: telomere research clearly points out that a vegetarian diet, environmental factors, regular exercises and having a supportive family, enjoying close friendships are the keys to longevity. The truth is, your mind, body, and spirituality cannot be separated.

The good news is... your aging pace really can be something you control. A healthy lifestyle affects the length of your telomeres positively. Therefore, eat healthy food, live in healthy, clean environments, don't expose yourself to harmful chemicals, enjoy happy times with friends and family, and partake in regular exercise and meditation. It's not that hard... In fact, some research explains that it only takes 20 minutes a day to make a difference. It's time to make the change.

If you're reading this and thinking that you just have to know the length of your telomeres, right now, don't fret. Instead of spending money and worrying about it, make some positive changes. Say "I love you," eat a nutritious meal with family and friends, and go for a nice long walk. It's amazing how much younger you'll feel!

References

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3 Critical Steps

for Overcoming Arthritis

Are you blaming your age, job, or injuries for arthritis? Are you surviving with the help of temporary patch-work remedies such as painkillers or steroid shots? Maybe you think joint replacement is the ultimate solution? If so, it's time to re-evaluate. Our modern world is intertwined with the medical industrial complex – its campaigns and commercials which all talk about magic painkillers, different kind of injections, and countless surgeries. But, people are fed up: none of these options provide the ultimate solution, and most actually have detrimental side-effects.

How can we begin tackling arthritis, then? Well, it's good to have an understanding of what the affliction actually is. Have you ever heard of the phrase, bone-on-bone? This is a layman's term that refers to a complete loss of cartilage, and therefore the total reduction of joint space. In effect, this is much of what arthritis is... though, cheer up – it isn't all doom and gloom, you'll see. The sad thing is, though, that the medical profession uses this unfavorable language and thus paints a very dark picture – one that often leads to invasive procedures, strong medication, injections, and surgeries.

Yes, losing cartilage is a problem: the absorption of body weight is hindered and it

is, thus, problematic for motion. Yet, I've never seen a joint that truly is bone-on-bone. And importantly, what is present on an X-ray image cannot predict someone's pain, especially not in the spinal or shoulder regions. There is hope: your pain can be eased. I urge you not resign yourself to a life full of tablets and surgery – there are natural wellness techniques and holistic therapies available... and they really DO work.

The good news is that natural physical therapy, delivered by a skilled and specialized therapist, can change the usual course of arthritis. With hands-on physical therapy, you will become more active and mobile, thereby allowing you

to, once again, experience life fully.

Here are Genuine Care Physical Therapy, we have your best interests at heart. We're so excited to help you get back to the pain-free life you deserve, and that's why we're about to talk you through 3 critical steps for overcoming arthritis. Take a look:

1. Uncover the Problem and Treat it Naturally

The first step on your path to a pain-free life is to find out exactly what's wrong. In many cases, the actual cause of the problem is not what most people think. For example, arthritis is not solely a cartilage related issue, despite that

common misconception. We need to find what the real, true source of the pain is. The results might surprise many people, especially after a vested belief in the bone on bone rationale. Often, in fact, stress and pressure placed on surrounding structures such as muscles, ligaments, joint sacks, tendons, or bursas, are the source of pain.

Old habits, poor posture, and non-alignment can cause stress on those parts of body. It can either slowly build, because of micro-stresses, or an injury can trigger rapid onset, that is, our bodies start to guard the painful or stressed body parts. In the end, we can end up limping and altering our gaits. That can trigger different kinds of problems – see my other article, namely, *The Actual Cause of Arthritis*. In order to get the RIGHT information, medical practitioners need to perform a thorough physical examination so as to note body alignment, posture, quality and quantity of body movement, gait, and the health of surrounding structures. Yet, all too often this type of examination never occurs. And that is why natural, hands-on, professional physical therapy is so important: the root cause of the problem needs to be found. Your recovery starts here.

2. Heal the Damaged Structure

After finding out exactly what is going on, the damaged structure needs to recover motion, strengthen, and heal.

There are three aspects to achieving this goal:

Introduce motion without pain/stiffness. This can be done via the use of manual therapy techniques, that is, skilled hand movements applied to the body by a professional therapist. These movements may include mobilization/manipulation, massage, passive increase in the range of motion, etc. They are intended to loosen tight muscles and soft tissues, increase movement in joints, induce relaxation, mobilize soft tissue and joints, modulate pain, and reduce soft tissue swelling, inflammation, or restriction. Manual therapy techniques promote pain-free motion in those patients suffering from arthritis, thereby promoting a new-found confidence.

Regular exercises. Doing moderate intensity exercise – regularly – is a very important step. When you exercise, you're lubricating your joints. Physical activity is absolutely essential on your road to health; a sedentary lifestyle is the number one culprit when it comes to stiffness and arthritis. There are three different exercises that will be particularly beneficial to you: stretching, as it will maintain loosened muscles; aerobic activities (e.g., walking, biking, swimming), as it will increase blood circulation and help your body stay active for a longer period of time; resistance training (e.g., weightlifting), as it's beneficial for muscles and bone strength. We need to

keep in mind that bone health is vital for a healthy immune system and the healing process – bone marrow and stem cells are produced inside of human bones, so strengthening exercises have great benefits when they are performed safely and gradually.

Diet and supplements.

Changing your diet is helpful when it comes to minimizing inflammation. Research shows that losing 10% of your body weight offers significant benefits for joint health. In fact, the healthier your immune system is – as a result of an improved diet – the looser your joints are. Therefore, avoiding sugar, bypassing processed food (which contains much more added sugar and other chemicals), and consuming fewer animal-based, fatty foods can be very beneficial. Moreover, adding natural antioxidants and anti-inflammatories, both of which are found in colorful fruits and vegetables, will boost your immune system. Furthermore, preliminary research shows that dietary supplements can also help with joint inflammation; these include turmeric, collagen, hyaluronic acid, and Boswellia.

3. Develop a Healthy Body, Healthy Habits, and a Healthy Lifestyle

Yet, you can't settle there. As soon as you begin recovering from arthritis – and even before you do – you need to develop a healthy body, healthy habits, and a healthful lifestyle.

Changing your habits and lifestyle is not easy. But knowing this, you need to think about what might happen in five years if you don't make any positive changes, right now. If no changes are made, you will have taken a hundred steps backwards in five years' time. Picture yourself then – the sadness, darkness, and immobility – this image will help you initiate changes. You also need to change your daily schedule in order to include physical activities. Clear time-slots on your daily calendar, and make yourself available at a particular time of day to do exercises, meditate, or spend quality time with those you love in a healthful, active manner. Unless you set time aside, it is hard to change your old habits and lifestyle.

Be smart – determine how much you can push yourself. I recommend that you give yourself enough time to warm up and cool down during exercise: be observant of your body. The condition your body is in fluctuates daily, so you need to slow down when you feel tired. Alternately, when you feel good, you can increase the intensity or duration of your exercise. Make sure to increase your activity levels by no more than 10% at a time. Make the decision to embrace a healthy lifestyle. Participate in activities such as walking on a beautiful beach, watching the sunset, playing with your kids or grandkids, playing 18 holes of golf, attending Yoga or group exercises, traveling to your favorite vacation spot, and going out for a movie or to your favorite restaurant with friends and family. At Genuine Care Physical Therapy, we're always here to help. Contact us for more information about how we can help you achieve the pain-free life you dream of. Don't let arthritis ruin even one more day.

Do you have back pain related to golf? Worry no more!

Download our "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a guide for Golfers" TODAY!

BY YOUNGSUN KIM, OWNER OF GENUINE CARE PHYSICAL THERAPY

Here at Genuine Care Physical Therapy, we know that back pain is a golfer's worst enemy. We understand that 18 holes can so often feel like a never-ending nightmare if you suffer from back pain. So, if you're going to battle with your back every time you step up to the tee, our free "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers" report is your key to victory.

Are you unsure whether you really need our report? If so, take a look at the following points to help you make up your mind.

You need our "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers" if:



- ❖ You love playing golf, but have come to expect that back pain is an inevitable by-product of the sport. The truth is, back pain is ABSOLUTELY NOT something you have to live with, it can be overcome.
- ❖ You've rested your back in the hope that it will get better. Meanwhile, though, your golfing game and form have been thrown off, and you can't even remember what the course looks like anymore!
- ❖ You're taking painkillers to mask the pain. This is one of the worst things you can do: the root cause of the problem is being hidden and your health is taking a serious knock. If you don't find the root cause, you'll be spending A LOT more time away from the green.
- ❖ You've considered quitting golf altogether. We do NOT want this for you. Golf means something to you, and your health means something to us. Take this option off of the table right now.

So, can you see yourself in any of the above? If so, and you're still not convinced, take a look at what our free tip report will help you achieve:

- ❖ You'll learn more about the right exercise, fitness activities, and form, so that your back is protected and pain free. Period.
- ❖ You'll learn what the right warm-up routine is; this is invaluable for long-term, functional golfing.
- ❖ You'll learn how to check critical motions in 3 different joints on your body, thereby preventing back pain.
- ❖ You'll learn how to swing effectively, thus resulting in as little stress and pressure on your back as possible.
- ❖ You'll get family time back. That's right. We know that golf isn't just about hole-in-ones or birdies: it's about so much more. We know that family means something to you, and the time you spend on the green is about memories made with those you love. Our report will help you get them back.
- ❖ You'll get powerful, easy to implement, effective advice for your problem. Gone are the days of pain.

So, there you have it. Download our free report today. There is absolutely no obligation or risk – what do you have to lose? Get back to the game you love, RIGHT NOW, with our "7 Easy and Effective Strategies to Maintain a Healthy and Pain Free Back- a Guide for Golfers".



What are you waiting for? For your free copy of our exclusive report, please visit www.genuinecarept.com. Alternatively, why not give us a call at (858)-847-2025 to speak to one of our qualified, professional physical therapists today. We look forward to hearing from you!



ABOUT THE AUTHOR:

Youngsun Kim, of Genuine Care Physical Therapy, is a leading expert in treating back injuries present in golfers. He is Titleist Performance Institute certified, a certified manual physical therapist, a Board Certified orthopedic specialist, and a Board Certified sports specialist.

We Help People to EXPERIENCE LIFE FULLY by Becoming MORE ACTIVE AND MOBILE...
WITHOUT Painkillers, Injections, and Surgeries...

Ready for Your Vacation?

Here are **7 Tips** to
Make It a **Pain-Free!**

BY YOUNGSUN KIM, OWNER OF GENUINE
CARE PHYSICAL THERAPY

So, you're going on vacation... and here at Genuine Care Physical Therapy we know that finding a better place than San Diego for your getaway is tough. Yet, off you go to Hawaii or a beautiful mountain resort while thousands of tourists flock to our little piece of paradise. And why not? Change is a good thing, and spending time with your family, friends, and loved ones in areas which are new and exciting is absolutely wonderful for the soul. But, for many of you reading this, vacations might be a little less joyful: you're anxious about pain and you're concerned about the limitations your body might place on spending time with your Grand kids or hitting the perfect 18-hole game out on the green. We understand your fears, and the truth is, we want you to have the best vacation possible – it should be a time where you experience the joys of life. And that's exactly why we're giving you 7 amazing tips to make sure you do just that!



Be Conscious of the Foods you Eat

Yes... you know exactly what we mean. You're stuck on the freeway or you're lying on the beach when your stomach starts cramping and you find yourself in the loo more than in the water! Remember, when you're on vacation you are often confronted with unfamiliar surroundings... and this doesn't exclude the water, environment, and foods. Take care to drink clean water, eat well prepared food, and be mindful of the cleanliness around you. Your digestive system will thank you. Research unfamiliar foods and try to be mindful of those you ingest as you travel along. Also, drink clean water regularly – and, if you're doing a lot of activity, make sure you hydrate at least 30 minutes before you exercise.

Pack Neck/ Lumbar Pillows and Cushions

You don't want to be confronted with neck or back pain on your trip, so it's vital that you ensure a good night's sleep. Not only will these extra essentials help you when you rest, but they'll also make long-haul flight a lot better! Taking care of your body so often starts with being aware of your posture – these pillows and cushions offer much-needed support for your neck and spine. But remember, if you're travelling by plane for many hours, make sure you get up and stretch regularly. Your back and neck will thank you, as staying in one position for an extended period of time can actually induce and aggravate neck and back pain.

Use an Eye Mask, Ear Plugs, or Noise Cancellation Headphones

Oh, the dreaded jet-lag! We all know that feeling... you're so incredibly tired, but you just can't sleep. Oftentimes jet-lag actually steals valuable days from our much-needed holiday. Be sure to overcome lost time by using eye masks, good quality headphones, and earplugs. You need your rest, as sleep is an imperative when it comes to the body healing itself. Stave off pain by getting some decent shut-eye on your flight.

Pack a Stretch Strap

For \$20 off of Amazon, a stretch strap might just save you from debilitating pain while on vacation. After a long flight, tedious bus journey, or stressful car trip, stretching stiff and aching muscles may mean the difference between prolonged pain and a pain-free time. Stretch before and after activities, and make sure your muscles are loose before and after you travel. If you are already in pain, make sure to pack an additional small foam roller and massage ball for extra benefit.

Invest in Quality Footwear and Orthotics

The chances are good that you'll be doing more walking than usual on your vacation, especially if you plan on visiting museums or tourist attractions. As such, it's absolutely essential that you wear comfortable shoes suited to your stride and gait. Specially fitted orthotics – which last for up to 10 years – may mean the difference between a hobble and a stride. And it's not just sore feet you have to worry about: incorrect footwear eventually results in knee, back, and hip pain, and can, finally, cause serious damage in the long run. Make footwear a priority this vacation.

Use Hiking or Trekking Poles.

This may seem strange to you if you aren't a hiker at heart, but research has shown that using hiking and trekking poles remove up to 25% stress off of your knees! And that's a really large amount. Walking long distances can be tough on your joints, thus using this type of support will make the world of difference. And not only that, these types of poles will save you 30% of your energy, and do, in fact, prevent falls and breakages. There are only positives, here, as they are usually lightweight and foldable, too!

Do a Total Body Check-Up With A Medical Professional Before you Travel

One of the smartest things you can do is to visit a medical professional before you go on vacation. Just as you wouldn't travel thousands of miles without having your car checked out at the mechanic, so too you shouldn't go on holiday without making sure your joints, muscles, and entire body is in tip-top shape. And the best possible way to achieve this is to visit a professional, hands-on, qualified physical therapist. Not only will a physical therapist relieve you of pain, but he/she will also give you tailor-made exercises for you to do during your travels, thus preventing injury and offering you a permanent solution for your pain. In addition, he/she will show you how to use a foam roller and stretch strap, and will also furnish you with orthotics should you need them. You really have nothing to lose... and everything to gain!

So, there you have it! It's time for you to go on an adventure with your loved ones. If you're interested in being 100% prepared for the trip, we're offering you a free, non-obligatory physical therapy consultation, as well as 40% off of all customized orthotics for your feet. This offer is only valid during July. For more details, call us now on 858-847-2025. We look very much forward to hearing from you. Bon Voyage to all!

3 Lessons I Learned in the Last Year While Running my Physical Therapy Clinic

BY YOUNGSUN KIM, OWNER OF GENUINE CARE PHYSICAL THERAPY



My story starts off as a bit of a rollercoaster ride: my wife and I left our jobs at a major medical center and opened a small private clinic. Scary stuff. But, we did this because we had always dreamed of providing genuine care to people, specifically to help them be more active and mobile without painkillers, shots, or surgeries. The truth is, though, time went by painfully slowly for the first few months, simply because there were not many clients walking through our clinic's doors. And when you leave your job, well, this is not the type of situation you want to be in!

One of the biggest challenges we faced was the fact that we didn't know anyone in the area. We opened the clinic here because we thought it would be unethical to open a clinic close to our former employer; moving to San Diego was the right thing to do. But, of course, the road to heartache is so often paved by good intentions. We only got a handful of patients per month for the first few months. It was tough, but we pulled through. Thanks to the generosity, open hearts, and the support of people in this community, we no longer have a couple of patients... we have hundreds and are continuing to expand the practice every day! In light of this journey – one filled with worry, anxiety, and a whole lot of determination, smiles, and love

Here Are My Reflections:

Things that grow slowly, last longer.

With us it was a slow, but consistent, growth. We didn't want to take shortcuts. We stuck to what we believe in and we have always continued to invest in educating people: we support them in making better decisions for their health and we

show them how what we offer is different from everything they've known before. We never gave up. We published 8 newsletters, 4 different booklets, created numerous educational videos, blog posts, and provided free consultations and lectures. And guess what happened? People started noticing that we were different. It was slow... but, it worked!

This mentality can be reflected in the patient's own journey to recovery. When people choose the faster, easier, and even cheaper option – not knowing what the issue really is – all they do is mask the problem. Nothing is solved, and the temporary measures taken just don't work. Painkillers last only few hours, while Steroid shots last but a few weeks and have side effects. What's more, surgery itself oftentimes cannot fix poor posture, weakness, lack of exercise, or wrong moving techniques, etc. Shortcuts really don't work in the long-run. In fact, they can often makes things worse. Spending enough time to find and solve the root/actual causes of the problem is definitely the best option. Doing this means that the result – a pain free life – will last longer, and the patient will be so much stronger. Remember, "Aspirin only eases the pain, it doesn't stop the bleeding." Natural and holistic therapy is going to help you, for good.

True healing goes beyond fixing physical alignment alone

Health and complete healing should include curing one's heart, mind and spirit, too. Modern medicine started with a germ theory that proved germs lead to disease. Of course, this is absolutely true, but it has now been taken completely out of context. People always look for something to



blame: herniated discs, trainers, bone on bone, old age, jobs, or genes. They've all become the "germs". In reality, though, for the most part people are no longer dying due to infection, rather the problem is a result of lifestyle and habit choices. Sedentary routines, incorrect workouts or training techniques, unhealthy diets, poor postures, addictions, stresses, etc., are taking their toll. Taking time to understand the physical, mental, emotional, and spiritual aspects of each individual is an integral part of the recovery. Thus, a 5-10 minute consultation is just not good enough. In our clinic, we want to know about who the patient is: his/her, goals, passions, and activities. We want to know what our patients love so that we can get them back to it! By spending enough time with the patient and listening carefully, a full recovery is attainable.

Our relationships with our patients extend far beyond the clinic's doors. Last year, for example, we received overwhelming love and friendship, and not just in a professional capacity. We have shared tears of sadness and joy with those we treat. We received so many hugs and home-made pies; we've been invited to our patients' houses, their birthday parties, and even a family funeral service. We love our job not only because we help people to become more active and mobile, but also because we can build special connections with our customers that last forever.

A healthy individual makes a healthy community

Here in San Diego I have met so many great individuals who are down to earth and who have healthy and strong minds and bodies. In addition, people here have an incredible passion for the actions they take in the community as a whole. This type of commitment and care creates an environment in which our young generation can grow healthier and happier. We are honored to be a part of this great community and we are so happy to be able to contribute.

In the last year, I have learned the 3 important lessons above. But, I have also learned that making tough choices is sometimes the right thing to do. If you're scared of making tough choices regarding your health, let us help you. We're here to answer any and all questions, and we genuinely want to get to know you so that we can help. Feel free call us at 858-847-2025.

Furthermore, if you feel like you are slowing down or losing independence and mobility, try our free discovery session. This is a completely free, non-obligatory, non-committal session in which we get to know you, help you out by assessing your problem and alleviating the pain, and, we give you some helpful tips.

As our name suggests, we genuinely care. Visit or call us today! Thank you.

**We Help People to EXPERIENCE LIFE FULLY by Becoming MORE ACTIVE AND MOBILE...
WITHOUT Painkillers, Injections, and Surgeries...**

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We Work Extremely Hard to Help You Become **MORE ACTIVE AND MOBILE FOR LIFE.** Live a Life **WITHOUT** Painkillers, Injections, and Surgeries – **NOW!**

THE RESULT

- We Spend More Time with YOU (3-4 times more than physical therapists) • 100% 1:1 Hands-On Quality Care with a Board-Certified Specialists (Licensed PTs NEVER an assistant or technician).
- We have a Proven Record- Managed and operated a clinic that reached the Top 1 Percentile in the U.S for "Customer Satisfaction" and "Outcome Improvement" by a third-party customer surveyor (*PRESSGANEY*).

THE CARE

- Genuine Care is "LOVE". Our goal is to offer an experience that they will never forget.
- We will deliver the care to you as though we are delivering it to our own loved ones.
- We have a total 20 years' experience in a strong Orthopedic Manual Therapy clinic.

And THE ACCESSIBILITY.

- Del Mar Highland Town Center.
- Less than 1 mile from Highway 5 and 56.
- Between El Camino Real and Del Mar Heights Rd.



Testimonials Melody in her 50's Del Mar

I was getting desperate, I hurt my right arm and was experiencing constant pain and tingling down to my fingers. I was having difficulty sleeping and feeling very fatigued. I called a couple of Doctors and was told that I needed a prescription for them to see me then I called Dr. Kim at his Genuine Care Center and after speaking with him then I made an appointment and I am so glad that I did. I was only able to have therapy for a limited time due to travel commitments but my therapy did wonders my arm and shoulder are much improved and I am ever so grateful for his team's knowledge and

experience for providing me with the BEST quality physical therapy.

I would highly recommend Genuine Care for all of your therapy needs.

Mark Carmel Valley in his 60's

People in Genuine Care Physical therapy above all listens, explains and actually treats your real problem. Getting great results where no one else could. Highly recommend you visit for his free consultation (think it is still available)