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Body work

Greenwich clinic provides range of sports therapy

By Harold Davis
Special Correspondent

Sports chiropractor Dr. Gil Chimes and personal trainer Charles DeFrancesco used to refer business to one another, and they still do. The only difference now is that their referrals stay in the same office.



To rehabilitate painful muscles and joints from repetitive stress injuries, the co-owners of Greenwich Sports Medicine believe their offerings go hand in hand. Using chiropractic and acupuncture techniques with physical therapy and training practices, the partners say they can restore patients' movement and get them back in the game.

"We're not just painting over rust," Chimes said about the 2 1/2-year-old business. Greenwich Sports Medicine clients are about 50 percent recreational sports players, 30 percent professional athletes and 20 percent non-athletes.

What did you do prior to this?

GC: I've been in practice for 10 years.

CD: I was a head trainer and manager with two different gyms, Phoenix and Synergy. I also have trained and certified other trainers.

Explain your approach to treatment?

GC: The most important part of what we do before we treat an injury is we do a whole-body evaluation and functional analysis. We see how the body moves and where there are restrictions in the body.

CD: We restore movement before we load the tissue.

Can you give an example?

GC: Say someone has lower back pain and they play golf. They say, "It only hurts when I play." We'll watch them swing. The problem could be in their shoulder and their range of motion, but what they come in for is the overloaded area - their lower back.

CD: People don't move properly. We see a lot of repetitive stress in office workers too.

GC: We promote the active-release technique, where we use hands on the body part. One hand is on the part performing the motion and the other hand breaks up the scar tissue.

What makes you unique?

GC: I think its the integration of these therapies under one roof. We fix the tissue and then re-train.

CD: This is very individualized; we're not a chop shop. We also have a female doctor, Kerry Miller. If a client is a woman, they can see her if they feel more comfortable.

GC: We can do performance enhancement. I've worked at the U.S. Olympic trials and the U.S. Open.

What else do you offer clients?

CD: We offer stretch programs for each individual, and we have photos of the stretches and exercises. We can also adjust their nutrition, they might not be eating properly so their body breaks down. We refer them to Dr. Chris Mah.

GC: Acupuncture . . . can be a powerful tool to treat soft tissue, but it's up to the individual. Some people don't like needles.

What are your future plans?

GC: Right now, we're at a crossroads. My goal is to add a strengthening and conditioning area at some point. We're ahead of ourselves. We're where we thought we'd be in five years.

- At Work With regularly appears in The Advocate and Greenwich Time. Do you know of an interesting job or have one yourself? Tell us about it. Please contact Harold Davis at 964-2277 or harold.davis@scni.com.

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