



FAMILY CHIROPRACTIC CENTER  
 OF SOUTH PASADENA  
 1017 FREMONT AVE. SUITE A  
 SOUTH PASADENA, CA 91030  
 (626) 441 - 4888  
 www.southpaschiro.com



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WHOLE HEALTH

*Wellness is an arrangement of right actions at the right times.  
 It is an active process of becoming aware of and making  
 choices toward a more successful existence.*

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# FAMILY CHIROPRACTIC CENTER OF SOUTH PASADENA

## WHAT CAN FCCSP DO FOR YOU?

Family Chiropractic Center of South Pasadena is dedicated to serving our community by helping them get out of pain, and address their longterm health needs without the use of medication and surgery. We believe that a strong body allows the mind and the spirit to function optimally regardless of age.

Our approach to healthcare is simple...We help patients to move better through exercise, Chiropractic, and massage therapy while restoring strength, function, and flexibility to the body.

## WHAT CAN PATIENTS EXPECT?

An initial examination typically includes a review of any pertinent history as well as a physical examination that emphasizes the assesment of strength, range of motion, and function of muscles, joints, and nerves. Treatment plans are made to address different phases of the injury cycle.

Special attention is also made on rehabilitation and prevention of re-injury by utilizing strength training techniques, flexibility development, and enhancement of one's balance.

## WHAT DO YOUR TREATMENTS CONSIST OF?

We utilize heat/ice, therapeutic ultrasound, electrical stimulation, manual therapies and deep tissue massage in addition to standard Chiropractic adjustment techniques. Computerized decompression therapy is also available for difficult cases involving disc herniations and arthritis.

## DO INSURANCE PLANS COVER YOUR SERVICES?

Insurance plans vary, and we will verify your benefits for your convenience.

## WHAT ARE YOUR OFFICE HOURS?

Mondays, Wednesdays, Fridays:  
9am-12pm and 3pm-7pm.  
Saturdays: 9am-12pm.



# FCCSP

FAMILY CHIROPRACTIC CENTER  
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## PROFESSIONAL SERVICES

- Board Certified Doctors of Chiropractic
- Massage Therapy, Deep Tissue and Myofascial Techniques
- Heat-Ice, Ultrasound and Electrical Stimulation
- Supervised Exercise, Stretching and Strength Training Routines
- SportsMedicine Assessment and Rehabilitation
- Athletic Taping, Bracing, and Custom Foot Orthotics
- Computerized Decompression Therapy

*FCCSP's treatment plans are centered around the patient, not just their symptoms.*

## ABOUT THE DOCTORS



**ADRIAN PUJAYANA, DC ATC CSCS**  
- Doctor of Chiropractic  
- NATA Certified Athletic Trainer  
- NSCA Certified Strength and Conditioning Specialist

*Works with local firefighters, collegiate and professional athletes. Currently on medical staff for ESPN's X-Games, and has worked with the California AIDS Ride, U.S. Olympic Trials, World Karate Organization and Mt. SAC Relays.*



**CHRISTINE SMITH, DC**  
- Doctor of Chiropractic

*Dr. Smith has an emphasis in Family Practice including the treatment of children and expectant mothers. She helps patients to be able to manage health conditions naturally.*

*We believe in empowering people with information and choices that will help to develop an active lifestyle at any age.*



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