

Chiropractic & Health Coaching



Stephanie Peacock, DC

Dr. Peacock has a Bachelor's degree in Exercise and Sports Science from the University of North Carolina, Chapel Hill.

She balanced academics with competitive swimming where she won gold at Nationals,

the US open, and the World University Games. She also held the ACC, National, and International swimming records for the 800 and 1500m freestyle events. After she graduated, she moved to California to swim professionally for the Mission Viejo Nadadores. Stephanie ended her career as the 2016 US Olympic team alternate in the 800m freestyle.

After her professional swimming career, she went on to attain her Doctorate in Chiropractic from Southern California University of Health Sciences, graduating Magna Cum Laude. Stephanie was inspired towards this profession from a misdiagnosed sports injury that would have kept her out of the water for months. After a visit with her chiropractor, she was back in the water the next day. She knew from that point forward that she wanted to help people in similar positions. In her chiropractic work, she specializes in a soft tissue therapy called Active Release Technique, which helps to break up scar tissue that may be binding down muscles, tendons, ligaments, and nerves in the body, creating pain and loss of proper motion. She also utilizes Rock Tape, Activator, Pelvic Blocking, and Mulligan Mobilizations in her practice.

Dr. Peacock also works as a nutritional phone coach, helping people transition into a plant based diet or to help with accountability in their plant based journey. Since she was an athlete herself, she also works with a variety of athletes in helping to adjust their plant based diet so they are able to reach their full potential. She gives tips from pre workout fueling to post workout recovery, as well as taking a look at specific macronutrient adjustments that may need to be made. Stephanie is plant based nutrition certified through Cornell University.

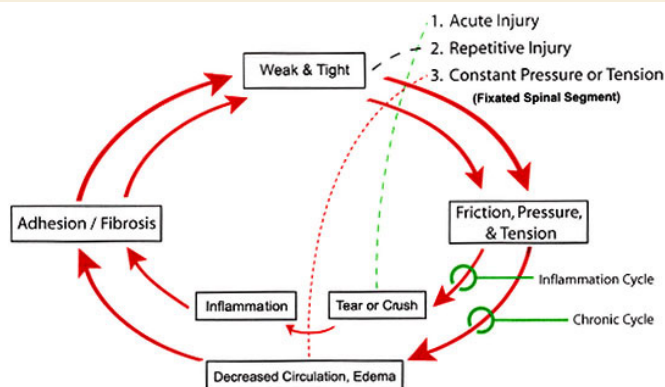
Stephanie enjoys being outdoors. She spends her weekends hiking, cycling, and camping all over California. Another passion of hers is to bake treats that are salt, oil and sugar free for her friends and family.

What is Active Release Technique?

This is a manual therapy used to examine, diagnose and treat problems involving muscles, tendons, ligaments and nerves. How do these injuries occur? A tight body structure builds up tension resulting in decreased circulation in that specific area. This leads to scar tissue, which binds down the tissue and prevents oxygen and nutrients from reaching it, resulting in a variety of symptoms. These symptoms include: pain, numbness, swelling, weakness, and loss of range of motion. The treatment will involve combining precisely directed tension to the area with very specific patient movements. This results in breaking up the scar tissue to release the structure, and allow for proper movement patterns to be restored.

Common Conditions Treated:

- Headache
- Back pain
- Sciatica
- Carpal tunnel syndrome
- Tennis elbow
- Golfer's elbow
- Plantar fasciitis
- DeQuervain's syndrome
- Frozen shoulder
- ITB syndrome
- Dupuytren's contracture



Chiropractic new visit \$120
Chiropractic follow-up visit \$75
Phone coaching new client \$195
Phone coaching follow-up \$95



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