



Sport and Spine Therapy of Marin is owned and operated by Steve Thompson, MPT, OCS, CSCS, CGFI. Steve received his Master

of Physical Therapy from Samuel Merritt College in Oakland, CA. He is also a Certified Strength and Conditioning Specialist and a board certified Orthopedic Physical Therapist. Most recently he received his Golf Fitness Instructor certification from the Titleist® Performance Institute.

At Sport and Spine Therapy of Marin, Steve oversees a staff of physical therapists that were hired because they share the same passion for helping people that he does. Steve's approach to physical therapy is simple—provide the highest quality physical therapy services possible to promote optimal health and function to patients. His deep commitment to patient care has earned him accolades from both patients and referring doctors alike.

**"My doctor referred me to Sport and Spine Therapy of Marin after I had surgery on my shoulder. I had tried another physical therapy group once before, but I prefer [SSTM]. Their office is conveniently located and the staff is so cheerful. It's like a family environment. You can tell that they really enjoy their customers and that they don't just do it for the money."**

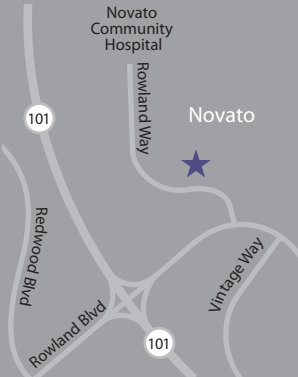
In his spare time, Steve enjoys running, cycling and golf, but most of all he enjoys spending time with his wife and two children and coaching youth sports teams in the local community. Steve is a resident of San Anselmo, CA.

—Paul N., Novato CA



Sport & Spine Therapy of Marin has two clinic locations to choose from:

**Novato**  
**88 Rowland Way, Ste 250**  
**Novato CA 94945**  
**415.898.1311 Tel**  
**415.897.0741 Fax**



From Highway 101, take the Rowland Blvd exit towards the Vintage Oaks shopping center, Turn left on Rowland Way until you pass the Century Rowland Plaza Theatre. Turn right into the parking lot at 88 Rowland way. Clinic is located on the second floor in Suite 250.

**San Anselmo**  
**220 Greenfield Ave**  
**San Anselmo CA 94960**  
**415.457.4454 Tel**  
**415.457.4944 Fax**



From Highway 101, take the downtown San Rafael exit and head east on 3rd Street to San Anselmo. 3rd Street turns into Redhill Ave. Turn left at Sequoia Drive (by United Market) and then make an immediate right on to Greenfield Avenue. Proceed to 220 Greenfield Avenue. Park on the street in designated spaces.

Maps are not to scale.

# Sport and Spine Therapy of Marin

The best choice for physical therapy in Marin County





## WHO WE ARE

Sport and Spine Therapy of Marin (SSTM) is an independently owned physical therapy organization located in Marin County. Since 1987, we have been dedicated to providing the highest quality physical therapy services to our patients.

From athletes in training, to patients recovering from surgery, to injured workers and everyone in between, we can help. With over 110 years of combined experience, our staff knows how to get people back on track and back to the active lifestyle they enjoy.

Our primary goal has always been to help our patients achieve their goals—optimal health and physical function.



## WHAT WE DO

Sport and Spine Therapy of Marin provides therapeutic services including:

- Orthopedic Rehabilitation
- Sports Rehabilitation and Conditioning
- Pre- and Post-operative Rehabilitation
- Spine Rehabilitation
- Geriatric Rehabilitation
- Work-related Injury Rehabilitation
- Pediatric Rehabilitation

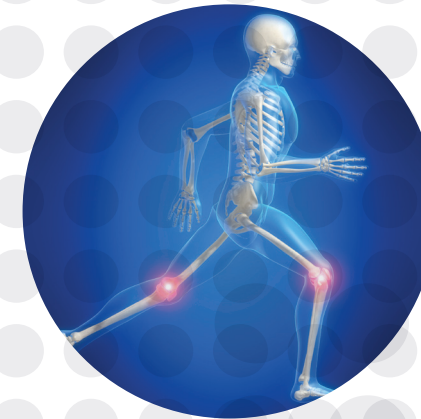
In addition, we provide specialty programs, classes and/or services that include:

- Active Release Technique™
- Primal Reflex Release Therapy™
- Anodyne Infrared Therapy®
- Kinesio® taping
- Golf fitness instruction and conditioning
- Group classes: yoga, qigong, cycling
- Pilates—private and group instruction
- Balance training and fall prevention
- Ergonomic assessments
- Women's health care issues

## WHY CHOOSE US?

SSTM provides comprehensive, full-service physical therapy services that will exceed your expectations. We offer a positive, nurturing and supportive environment with physical therapy teams who work right alongside you to help you reach your goals. With a 92% patient satisfaction rate, it's obvious that we love what we do.

Some of the injuries or illnesses that we treat include:



- Ankle and foot injuries
- Arthritis
- Back and neck pain
- Chronic pain
- Disc degeneration
- Dizziness and balance disorders
- Fibromyalgia
- Fractures
- Gait deviation
- Hand trauma
- Headaches
- Hip and knee injuries
- Incontinence
- Muscle sprains and strains
- Muscle weakness
- Numbness/pain of the extremities
- Osteoporosis
- Overuse injuries
- Shoulder and elbow injuries
- Sports injuries
- Work/industrial injuries

# www.sstmarin.com

**"I have been coming to Sport and Spine Therapy of Marin for 2-3 weeks now and I feel 100% better already! I have next to no pain and I feel the exercises are really helping me. The staff is wonderful!" –C.S.**