

SPINEMED MEDICAL ASSOCIATES *Spine, Joint & Sports Medicine*

Under the medical direction of Dr. Richard Bernstein, *SpineMed Medical Associates* offer exceptional comprehensive care of spine and joint disorders with an emphasis on sports related injuries and maximizing performance. Their multi-disciplinary approach to patient care offers the broadest spectrum of diagnostic evaluation and care available.



- *MLS & NEW Cold Laser Therapy*
- *Osteopathic Manual Medicine*
- *Physical Medicine and Rehabilitation*
- *Physical Therapy*
- *Monitored Rehab Systems*
- *Spinal Decompression Therapy*
- *Alpha Stim Electro Therapy*
- *Therapeutic Massage*
- *Rolfing*
- *Yoga Therapy*



Richard A. Bernstein, DO, received his Osteopathic medical degree from the University of Osteopathic Medicine & Health Sciences in Des Moines, Iowa. He completed his post-graduate specialty training in Physical Medicine & Rehabilitation (PM&R) and is board qualified. Other degrees include a B.A. in Psychology and a B.A. in Biology.

Dr. Bernstein has been in private practice in Santa Cruz County since 1995 and has been deeply committed and involved in the healthcare field for over 30 years. Upon completing medical school and his post-doctoral training he partnered with Watsonville Hospital to create the Wellness and Rehabilitation Center. He has continued a close working relationship with a large network of Western and

Traditional healthcare providers to offer his patients the broadest spectrum of diagnostic evaluation and care available.

In 2001, Dr. Bernstein established Spinemed Medical Associates. His clinic offers the finest in Physical Medicine and Rehabilitation and his unique training and skills allow him to offer his patients a full understanding of their diagnosis and appropriate treatment options. For more information, visit www.spinemedassociates.com.

SpineMed Medical Associates is now offering 15% Off their New Cold Laser Therapy for members of the Seascape Sports Club until Sept. 1, 2012. The Clinic is located right across the street from the Seascape Sports Club at 28 Seascape Village in Aptos. Call (831) 662-1900 to make an appointment. SpineMed Medical Associates accepts most forms of insurance.

