

Monterey Bay Wellness Center

Dear Patients,

We take patient care very seriously and would like to make sure that your healthcare needs are not only met, but that they exceed expectations. In order to do so, we feel our patients (YOU!) need to be empowered through choice.

Please check which aspects of healthcare you would like your Doctor to focus on:
(please check all that apply)

Pain Relief / Injury Specific

Relieving your pain! Restoring mobility and range of motion to the injured area. Eliminating inflammation and adhesion of involved joints, nerves, muscles and ligaments. Returning you, pain free, to your normal daily and athletic activities.

Physical Examination

Employment/Job physical; Sports/Athletic physical; Camp physical; School physical

Nutrition Evaluation and Consultation

Diet and nutritional evaluation. Nutrition is not only important for healthy weight, but also for reducing inflammation following an injury or pathology, as well as enhancing everyday normal life. Diet and nutrition affect your mental capabilities, your reactions to stress throughout the day and your energy levels and performance at work, as well as your athletic performance.

Nutrition plays a major role in every aspect of your daily life!

Wellness Packages

'The 100 Year Lifestyle' - Wellness Program

- Nutrition Evaluation and Consultations
- Personal Training (get into shape, lose weight)
- Chiropractic Care and Maintenance
- Massages

Sports Wellness Program

- Gait analysis – sport specific
- Nutrition Evaluation and Consultations
- A.R.T. treatments – enhance peak performance – Biomechanical assessment
- Chiropractic Care and Maintenance
- Massages
- Orthotic evaluation and fitting
- Personal Training (rehab and performance)

Female or Male Wellness Program

- Balancing hormones (stress, menopause, etc.)
- Weight Loss Consultation
- Nutrition Evaluation and Consultations
- Personal Training (getting into shape)
- Osteoporosis prevention
- Massages
- Chiropractic Care and Maintenance

*Specific subjects can be substituted or added to each program, tailoring to your individual needs.
If you have any questions about these topics, feel free to ask your Doctor.

In Good Health! Dr. Christopher G. Montellese and Dr. Kristina E. Montellese