

Dr. Chris Sanders, D.C.

MultiSport Health Center, Inc.
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MultiSport Health Center, Inc. founded by Dr. Chris Sanders, D.C. focuses on "patient centered care," which empowers patients to actively participate in their recovery while educating them to minimize reoccurrences. Unlike most chiropractic clinics that primarily adjust patients requiring continuous treatment, MSHC concentrates on scientifically proven soft-tissue treatments (ART® & Graston®), functional rehabilitation and only if necessary, manipulation to quickly and effectively resolve injuries.

A common misconception about MSHC is that they only treat "athletes", but their patients range from active youths to seniors, including weekend warriors and professional athletes. Dr. Sanders and his staff treat sports injuries, postural problems, post-surgical patients, as well as chronic and repetitive motion injuries. In fact, they treat more extremity injuries (shoulders, hips, elbows, carpal tunnel, feet, knees, etc.) than spinal injuries.

At MSHC, everyone is treated with the utmost care and

respect. They schedule only one patient at a time, treat the patient's time as important as their own and consequently run on time all day long. His staff is also composed of active individuals, who can empathize with a patient's frustration at being hurt. "The staff's goal is to get patients well as fast as possible," says Dr. Sanders. "In order to accomplish this, we always assess the patient's overall body mechanics and function. Without seeing a patient in motion, it is very difficult to correctly diagnosis and resolve an injury."

Dr. Sanders is the only Active Release Techniques® (ART) Instructor and Certified Provider in Houston. For nine years, he has treated the elite professionals of the NFL, MLB, NBA, IHL, ATP, WPFL, Track & Field, and Ironman Triathletes.

He is passionate about his work and maintaining a healthy lifestyle. Consequently, he is willing to go the extra mile for his patients. The proof is in patient referrals; 90% of his new patients come as referrals from satisfied patients.