

Your Recovery Begins Right Here

Our doctors and therapists will help develop a custom treatment plan that will address your individual condition. This treatment plan will integrate an effective combination of our services and providers. We emphasize that this program is customized to you and that each individual solution is different. We are able to offer a more comprehensive program that will help you reach your goals.

Give us a chance to show you what we do.

FREE CONSULTATION

We know you will come back!

Innovative Sports Medicine LLC
501 W. Fabyan Pkwy
Batavia, IL 60510
(630) 524-2445
www.InnovativeSportsMed.com

Don't suffer any longer. Call us today!



Innovative Sports Medicine LLC

Chiropractic
Physical Therapy
Massage Therapy
Acupuncture
Chronic Pain
Back Pain
Sports Injuries



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About Innovative Sports Medicine LLC:

Innovative was formed in 2010 by Dr. Eric Hestrup and Dr. Lewis Blevins. We have always had an interest in working with athletes and people with an active lifestyle. We have worked with everyone from weekend warriors to professional athletes.

Over time, we have also developed a passion for treating a wide variety of patients. This brochure includes a comprehensive list of conditions in which we specialize. In our search for the best solutions for our patients, we realized that they benefit from a customized and integrative approach that includes much more than just traditional chiropractic care.

Therefore, we began to integrate active care and massage into our treatment programs. Dietary modifications and anti-inflammatory diets are also considered. To further enhance our patient experience we have added physical therapists to our team. Dr. Hestrup has also received a 100 hour certification in acupuncture and specializes in acupuncture for musculoskeletal conditions. Our doctors and therapists have additional training in myofascial release therapies, Mckenzie protocol, dynamic neurostabilization (DNS), functional rehabilitation, concussion management, strength and conditioning, and much more.



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The Staff:

Eric Hestrup, DC: Specializing in sports injuries, musculoskeletal acupuncture, functional rehabilitation, and spinal injuries. Mckenzie trained and certified in Cervical and Lumbar spine. One hundred hour acupuncture certified.

Lewis Blevins, DC: Specializing in sports injuries, functional rehabilitation, and concussion management. Additional training in Dynamic Neuromuscular Stabilization technique and strength and conditioning.

Shawn Friede, PT: Over 15 years of experience specializing in Myofascial Release technique, PT for women's health, sports injuries, post-surgical rehabilitation and more.

Steve Hatcher, DC: Graduate of Palmer Chiropractic College. Trained in the McKenzie Method, Instrument Assisted Soft Tissue Mobilization, Cox Flexion-Distraction, motion palpation, and functional rehabilitation

Antoinette Fayfar, LMT: Over 10 years of experience specializing in sports massage, rehabilitative massage, prenatal and postnatal massage.

Chamberlin Dewitte, PT: Extensive training in myofascial release technique. Over 14 years of training and experience in orthopedic physical therapy.

Christ Tanzer, LMT: Experience and training in myofascial release, neuromuscular therapy and athletic massage. Twelve years of experience in medical/health field.

Kathryn Lyons, MS, Registered Dietitian Nutritionist: Masters in Nutrition and Dietetics from Northern Illinois University. Will help you lose weight and increase your energy. Also specializing in anti-inflammatory diets.

Injuries/Conditions Treated

Our Doctors and therapists have extensive experience helping clients recover from conditions including the following:

- Achilles Tendonitis
- Ankle Sprains
- Anterior Cruciate Ligament (ACL) Injury
- Arthritis
- Back Pain
- Carpal Tunnel Syndrome
- Chronic Pain
- Concussion Management
- Degenerative Disc Disease
- Elbow/Hand/Wrist Injury
- Medial/Lateral Epicondylitis
- Neurological Problems
- Orthopedic Issues
- Plantar Fasciitis
- Post Surgical Rehabilitation
- Pregnancy related pain
- Return to Sport Programs
- Sports Injuries
- Weight Loss

We employ a variety of treatment methods, selecting those that best meet your needs.

- Myofascial Release/Manual Therapies
- Spinal Manipulation
- Physical Therapy
- Massage Therapy
- Therapeutic Exercise
- Mckenzie Technique
- DNS (Dynamic Neurostabilization Techniques)
- Ultrasound
- Infrared Light Therapy
- Electrical Muscle Stimulation
- Trigger Point and Myofascial Acupuncture
- Nutritional Counseling/Anti-Inflammatory Diets
- Personal Training Services for all ages and skill levels through Proforce Sports Performance LLC.

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