



Dr. Bills graduated from the National University of Health Sciences (formerly The National College of Chiropractic) in 1999 and was in private practice in up-state NY until 2002. He moved to the Washington, DC area to open a chiropractic sports injury center in a health club in Arlington and was there for the next 2 ½ years. In June 2004, he opened Elite Performance Chiropractic at Jungle's Gym in Old Town Alexandria.

By utilizing an integrated approach, Dr. Bills has successfully treated athletes from a variety of different sports and levels of competition. Athletes that have been treated to maximize their performance include: professional football and volleyball players, cyclists, bodybuilders and fitness competitors, power lifters, Brazilian jiu-jitsu practitioners and runners.

Common conditions treated include:

- Shoulder injuries: rotator cuff injuries, tendonitis/bursitis, sprains/strains
- Elbow and wrist injuries: tennis/golfer's elbow, carpal tunnel syndrome
- Hip and knee pain: ITB syndrome, patellar tracking syndrome, bursitis
- Ankle sprains, Achilles tendon injuries, plantar fasciitis
- Headaches: migraine, tension and sinus
- Spinal disorders: disc herniations/bulges, scoliosis, arthritis and sciatica

Treatment methods include:

- 1) Therapeutic modalities to decrease pain and speed the healing process
- 2) Specific joint manipulation to maximize biomechanics
- 3) Soft tissue mobilization to improve the musculo-tendonous function
- 4) Stabilizing exercises to co-ordinate neural regulation of muscular control