

CONTRA COSTA TIMES

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AROUND BLACKHAWK: GEORGIA LAMBERT

Chiropractor mixes it up with baseball expertise

BLACKHAWK RESIDENT GREG ARNOLD grew up in Long Island, N.Y., and was a star pitcher in high school.

He was talented enough to be drafted by the Kansas City Royals and, at the same time, offered a four-year athletic scholarship to Penn State University. At his parents' urging, he opted to continue his education, play varsity baseball and be the first in his family to earn a college degree.

"Sports weren't that big in our house -- it was all about grades," said Greg. "They were blue-collar, hardworking, and wanted their son to go to college."

After four years at Penn State, Greg graduated with a degree in life sciences in 2000, then went on to the National University of Health Sciences and became a chiropractic doctor in 2004.

In his "spare" time while attending NUHS, he continued his balancing act with baseball, working as a private baseball pitching instructor for two years with the Grand Slam Baseball Academy and one year with the Chicago White Sox Training Academy, both in Lisle, Ill. He also began writing for NOW Foods as a nutrition abstract writer.

He moved to the Blackhawk area and opened his practice in January 2005, subletting space from Blackhawk Chiropractic. He recently moved into a new office.

Greg has kept up his interest in baseball and combined it with his chiropractic practice. Certified by the National Pitching Association, he runs pitching clinics and offers private baseball pitching instruction, utilizing video motion analysis to guide the lessons. Each year, he attends the American Sports Medicine Institute's baseball injuries conference and a four-day National Pitching Association certification clinic.

"People are quite surprised at the number of things they can come in here and learn about," said Greg. "As a sole practitioner, I needed to do some networking when I first got here. After I went to a couple of the Little Leagues, the business just exploded. There are so many athletes in this community -- people place a real level of trust in you when you're coaching their kids."

"Injury prevention is the No.1 goal," he said. "I tell everyone they shouldn't be throwing curve balls before they're shaving because of the high risk of growth plate injuries. We emphasize accuracy -- throwing strikes, fastballs and change-ups."

Beginning March 1, he will also be working out of the VA Clinic in Martinez two mornings a week.

"It was something I wanted to do to give back to the community. One of the major problems facing guys coming out of the military is neuromusculoskeletal disorder, and that's what chiropractors do," he said.

He and his wife, Tiffany -- daughter of Jennifer and Bernie Gorman of Blackhawk -- met as students at Penn State and were married at Blackhawk Country Club in 2005.

Complete Chiropractic Healthcare, 4165 Blackhawk Plaza Circle, Suite 250, will hold an open house from 4 to 7 p.m. Thursday. Stop by for a chance to win prizes and to meet the staff and that of Blackhawk Chiropractic. To attend, call 925-321-4668. For more information, visit www.completechiropractichealthcare.com.

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