



*Restore your health, function, and vitality*

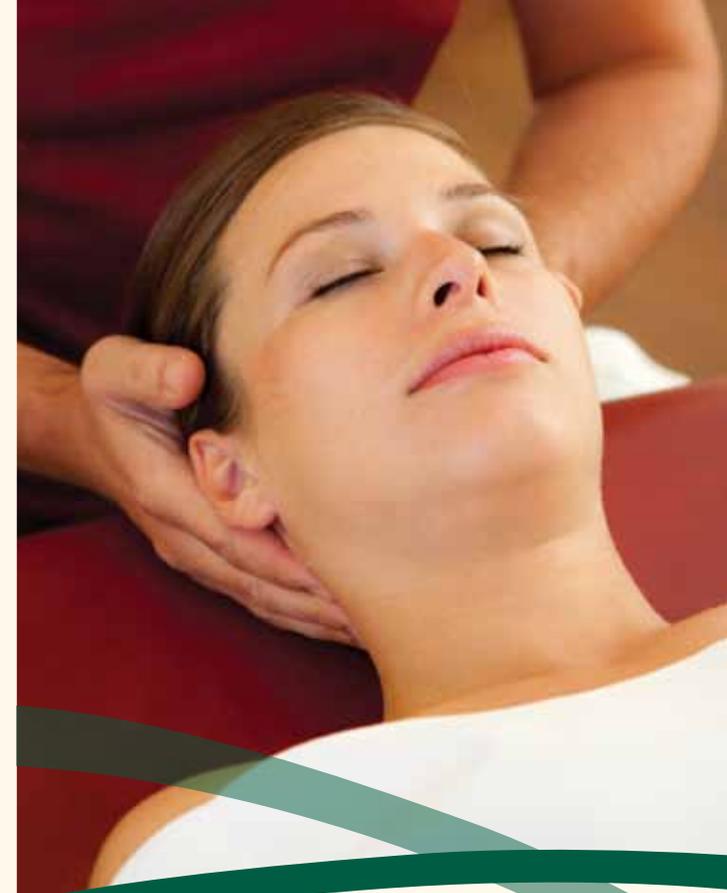
Dana Anglund, D.O.  
Joshua Krembs, D.O.  
Daniel Lopez, D.O.  
Jordanna Quinn, D.O.  
David Zarou, D.O.

Connect with us on your favorite social media to stay informed of new services and treatments, class schedules and more.



**Phone: (303) 350-7990**  
**Fax: (303) 217-5708**

9600 W. Jewell Ave, Suite 3  
Lakewood, CO 80232  
[www.oimcare.com](http://www.oimcare.com)



Hands-on healing



*Restore your health, function, and vitality*



# A belief in the body's inherent ability to heal itself...



...is the philosophy behind the osteopathic approach. At Osteopathic Integrative Medicine, our goal is to improve outcomes through accurate diagnoses and safe, effective treatment.

We are Denver's largest and most experienced practice of its kind, with a broad range of capabilities that include osteopathic manipulative treatment (OMT), integrative medicine, regenerative medicine, nutrition and a complete range of supporting services. We treat the full range of patients, from newborn to elderly, and from wellness to those suffering chronic or debilitating pain to athletes seeking performance improvement.

## A Complement to Traditional Medicine

Our therapies are designed to restore proper balance and biomechanical function to your body. And while these can be highly successful at treating a myriad of health problems, they are often optimally used alongside conventional care.

A traditional allopathic doctor is trained to treat the symptoms of illness; alternatively, an osteopathic doctor seeks to permanently correct the structural imbalances that cause the symptoms. Both are important to your health, and it is not our intention to take the place of your primary care physician. However, there are a number of health conditions for which osteopathic treatment can succeed when other approaches do not meet your needs.

## We offer...

### Osteopathic Manipulative Treatment (OMT)

OMT involves a wide variety of techniques applied to the neuromusculoskeletal system, including joints and the surrounding soft tissues and fluids, muscles, nerves and membranes (fascia). We start by performing an examination of your body's soft tissues at the source of pain in order to determine the best treatment option for you. Our doctors are board certified in neuromusculoskeletal medicine and osteopathic manipulative medicine, or physical medicine and rehabilitation. We also provide advanced knowledge of sports medicine—including orthopedics, rehabilitation, exercise physiology and nutrition—all available or designed to improve the overall health and function of your body.

### Integrative Medicine

Integrative Medicine, like osteopathy, is healing that takes account of your whole person, including your lifestyle. It addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that can impact your overall health. It draws on the wealth of multiple perspectives and traditions from both the science of medicine and the art of healing. Thus, the greatest contributions from conventional western medicine and "alternative" or complimentary treatments are combined to assist you to achieve and maintain those proper balances in every aspect of your being.

### Using the 5 Levels of Healing Philosophy,

information is gathered from the whole person, as both health and disease are related to all of these levels. We seek to address the needs of the physical, mental, spiritual, emotional, and energetic bodies present within all of us.

### Regenerative Medicine

We offer the latest and most advanced techniques that stimulate your body's own repair mechanisms to regenerate soft tissues and restore normal function. These include stem cell, platelet-rich-plasma and prolotherapy injections, and are useful if you are experiencing joint pain, overuse injuries, or chronic pain and want to decrease pain and avoid (or delay) the need for surgery. Our regenerative medicine department also offers bio-identical hormone replacement.

### Other Services

As part of our integrative approach, we offer the following therapies and services within our practice:

- Physical rehabilitation
- Injection therapy
- Intravenous nutrient therapy (i.e. Myer's Cocktail)
- Acupuncture
- Massage/sports massage
- Yoga
- Brain/Body performance therapy
- Food sensitivity testing
- Wellness and holistic health classes
- Nutrition



*Restore your health, function, and vitality*

