



Tim L. Grund, DC, DACNB

### *Grund Chiropractic Wellness Center*

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Dr. Tim Grund is a native of Sonoma County, growing up in Sonoma Valley where he participated in football, basketball and baseball. He went on to play basketball at the collegiate level and it was during that time that he discovered chiropractic healthcare. As an athlete, he found that when his musculoskeletal system was in alignment and his nervous system was free of interference he performed at a higher level on the court and in the classroom. He also saw other collegiate and professional athletes under chiropractic care excelling and getting hurt less often. After completing his athletic career, Dr. Grund devoted himself to becoming a specialist in chiropractic neurology with an emphasis on sports performance and injury prevention. His mission is to help provide a physical and cognitive edge for athletes seeking peak performance in sports and in life.

Dr Grund attended Life West Chiropractic College where he graduated with honors. Dr. Grund has also achieved Diplomate status as a Board Certified Chiropractic Neurologist. He is the owner and clinic director of Grund Chiropractic Wellness Center in Santa Rosa, CA, where he specializes in sports performance, focus and attention and proactive healthcare. He and his wife Blake have two children Haylee and Zeke.



“As a key member of my health team, Dr. Grund has helped me better prepare for the physical and mental challenges of professional baseball” -Joey Gomes, San Diego Padres Organization