

PICKLEBALL & CHIROPRACTIC: THE TRAN BROTHERS' WINNING FORMULA FOR PEAK PERFORMANCE



In the heart of Southern California, where active lifestyles and family-centered living define the rhythm of the community, two brothers - Dr. Quan Tran and Dr. Dao Tran - have quietly built a chiropractic legacy grounded in compassion, precision, and results.

For more than two decades, they have helped patients reclaim their strength, restore balance, and rediscover what optimum health truly feels like. Their journey began with a shared belief that true health comes from within—through the body’s natural ability to heal itself when the spine and structure are properly aligned and cared for. Over 22 years of practice, they’ve turned that philosophy into thriving wellness centers - California Pain Center in Fountain Valley and South Bay Pain and Rehab Center in Torrance - serving thousands of patients from all walks of life. From children and working professionals to athletes and seniors, their approach remains consistent: treat the person, not the pain. “We believe chiropractic care

isn’t just about relief - it’s about transformation,” says Dr. Quan. “It’s about helping patients live the way they were meant to - strong, balanced, and pain-free”.

Pickleball Fever—and the Rise of Overuse Injuries

Southern California is obsessed—with Pickleball. From neighborhood parks to country clubs, players of all ages are rallying across the courts, drawn by the sport’s mix of fitness, fun, and friendship. But as the fastest-growing sport in America surges across Orange County and the South Bay, so do the injuries—shoulder strains, neck pain, lower back pain, knee stress, and wrist inflammation. Many players discover that while pickleball may have low impact, it’s far from risk-free.

Healing the Modern Pickleball Athlete

At their two thriving practices, the Tran brothers see a new wave of patients: pickleball enthusiasts who thought they’d found a gentle hobby—until the soreness set in. “Pickleball looks easy,” laughs Dr. Quan, “but the quick pivots, sudden stops, and repetitive swings put tremendous strain on the body. We’ve treated players who come in thinking it’s just tight muscles, when in reality, their spine or joints are out of alignment.”

That’s where chiropractic care makes the winning difference. By restoring alignment to the spine and joints, the Tran brothers help reduce inflammation, ease nerve pressure, and reestablish the body’s natural balance. The result? Faster recovery, smoother motion, and fewer recurring injuries.

“Pickleball is low impact—but it’s not low risk,” explains Dr. Dao. “Most players don’t realize that a misaligned pelvis or tight lower back can throw off their entire kinetic chain. Chiropractic adjustments

restore efficiency so the body can move as one fluid system.” Pickleball injuries often develop gradually. Repetitive reaching, lunging, and twisting tighten the hips, strain the knees, and stress the lower back. Without correction, these small imbalances can compound—leading to chronic pain or even sidelining players for months.

Why Chiropractic Care Matters for Pickleball Players

Chiropractic care isn’t just for recovery—it’s also preventive medicine for athletes and active adults. The Tran brothers emphasize that regular adjustments keep the musculoskeletal system in top condition, ensuring the body performs efficiently both on and off the court.

Here’s how chiropractic care benefits pickleball players:

- **Injury Prevention:** Corrects minor misalignments before they develop into painful conditions.

- **Enhanced Range of Motion:** Freer movement allows for quicker reaction time and better performance.

- **Reduced Joint Stress:** Proper posture and alignment minimize repetitive strain.

- **Accelerated Recovery:** Realigned joints and muscles heal faster with less inflammation.

- **Improved Focus and Energy:** Pain relief and proper balance help players stay alert and confident.

For the Tran brothers, chiropractic care extends far beyond pain management—it’s a foundation for overall wellness and longevity.

- **Stress Relief:** Gentle adjustments release physical tension, promoting relaxation and mental clarity.

- **Better Sleep:** Realigned spines reduce discomfort, leading to deeper, uninterrupted rest.

- **Performance & Longevity:** Athletes and active adults benefit from improved body mechanics and

balance.

- **Whole-Body Health:** A properly aligned spine supports immune and nervous system efficiency.

“We grew up believing in service, not just success,” Dr. Dao reflects. “That’s why we treat everyone—from athletes to grandparents—with the same attention and respect.”

The Tran brothers remind us that true wellness is a comprehensive journey: aligning and balancing the spine for optimum function, the mind for clarity, and the heart for harmony—along with proper diet, regular exercise, and a healthy lifestyle. Their practice stands as a living testament: healing isn’t merely a profession—it’s a lifelong calling. In the pursuit of health, balance is the ultimate advantage, and having a skilled chiropractor on your side gives you an extra edge.

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