



PROFILE

Celebrating
the 20th
Anniversary

Owner and Chiropractor at Okazaki Chiropractic

Michihiro Okazaki, D.C.

Hailing from Kyoto Prefecture, Michihiro Okazaki embarked on his journey in the health field after studying business at Pepperdine University and then graduating from the Los Angeles Chiropractic College. With a tenure of over four and a half years as an associate chiropractor in San Mateo, Northern California, Dr. Okazaki has dedicated himself to the well-being of his patients. In March 2004, he established Okazaki Chiropractic in San Diego, marking the beginning of two decades of providing San Diegans with personalized, gentle, and non-invasive care.

Okazaki Chiropractic

Known for its comprehensive approach to health, the clinic offers a variety of treatments including chiropractic adjustments, electrotherapy, thermo-therapy, ESWT treatment, and manual therapies like massage and acupuncture. The clinic is also renowned for its specialized care for professional athletes.

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In March 2024, Okazaki Chiropractic celebrated its 20th anniversary—a milestone that underscores its commitment to fostering health and wellness in the community. We caught up with Dr. Okazaki to reflect on this journey.

The Origins of Chiropractic

Chiropractic, a practice founded in 1895 by Daniel David Palmer, hinges on the principle of enabling the body's natural healing through spinal adjustments. The term itself, derived from Greek, combines "chiro" (hand) and "practice" (technique), encapsulating the essence of hands-on healing.

My Path to Chiropractic

I dreamed of a job where I could work with athletes. After finishing college, I found a catalog about a school for chiropractic by surprise.

I learned that chiropractors can diagnose patients, which physical therapists can't do. This was very important to me and helped me

decide to become a chiropractor. This is how I started my path in chiropractic, hoping to help people heal naturally.

The Philosophy of Care

At the heart of chiropractic is the belief in the body's intrinsic ability to heal. By optimizing spinal alignment and thus enhancing blood flow and nerve function, we support the body's overall health and vitality.

Personalized Treatment Approach

We focus on what each patient needs and wants, valuing communication and building trust along the way. This means we change our methods for people who might be nervous about the usual way of doing things, making sure they feel comfortable and cared for.

Innovations in Pain Management: ESWT

Extracorporeal Shockwave Therapy (ESWT) represents a modern approach to chronic pain, drawing on shockwave technology to offer relief and recovery.

Our clinic's adoption of a high-end focused model for ESWT underscores our commitment to cutting-edge care, offering sessions designed to significantly alleviate symptoms over a short course of treatment. For more details, please visit the website at www.okazakichiro.com.

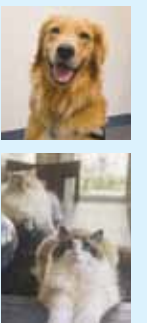
Chiropractic and Athletic Performance

Understanding the critical importance of physical well-being to athletes, we tailor our treatments to meet their specific needs, drawing on extensive experience with professional sports figures, including notable clients like former Padres pitcher Akinori Otsuka.

Looking Ahead

As we celebrate 20 years of service, my commitment to advancing the practice of chiropractic and contributing to the health of our community remains unwavering. I am grateful for the opportunity to continue this journey and eagerly anticipate the future.

- **Family:** Wife and son
- **Pets:** One dog & two cats
- **Years in the US:** 39
- **Blood Type:** O
- **Lifestyle:** Emphasizes 8 hours of sleep, regular exercise, and a balanced diet
- **Interests:** Reading and automobiles
- **Unique Skill:** Exceptional Persistence in Pursuing a Singular Goal
- **Motto:** "The pursuit of a righteous heart"
- **Admiration:** My father, who taught me patience through his own impatience. He passed away in 2017, but his lessons stay with me.
- **Cultural Observations:** The surprising scale of everything in America
- **Current Passion:** Supporting my son's athletic endeavors
- **Relaxation:** Quality time with family
- **Culinary Preference:** Sushi
- **Joy:** Finding gratitude in the honor of practicing as a chiropractor
- **Aspiration:** To refine my skills and serve as a lifelong practitioner of manual therapy



A comfortable and serene waiting area and reception section. The clinic is conveniently located in Kearny Mesa.



The treatment rooms are equipped with advanced tools like X-rays and ESWT for complete care.



Introducing the team: Dr. Okazaki, Staff Marie, and Mars, our dedicated therapy dog.



The hallway proudly showcases the professional athletes who have been under care.



Proudly serving athletes like former Padres pitcher Akinori Otsuka.



ESWT offers a cutting-edge method for chronic pain relief.