



Ken and Heather

sponsor of the month

Sarasota

SPORTS MEDICINE

Partners in Life, Partners in Your Health

With a passion for helping others, a love of sports, and a skill for finding the source/cause of the toughest ailments, it's no wonder Dr. Ken Kaufman is the Team Chiropractor for the Baltimore Orioles. He's been treating professional and amateur athletes in Sarasota since 1994.

In addition to his active practice, Dr. Kaufman is also:

- A member of the Professional Baseball Chiropractic Society
- A board member of the Sarasota Area Sports Alliance
- An advisory board member for Keiser University Sports Medicine and Fitness Technology Program
- An approved continuing education provider for the National Academy of Sports Medicine (NASM), Aerobics and Fitness Association of America (AFAA) and the American Council on Exercise (ACE)

Dr. Ken Kaufman and Heather Hackett initially met around 2010, but neither one can recall where. They believe it was at a local SPAN networking meeting. At that time, Ken was (and still is) the chiropractor for the Baltimore Orioles and founder/owner of Sarasota Sports Medicine. Heather was the founder of I Train Your Kids, a local business dedicated to teaching kids and families about fitness and nutrition.

In addition to founding I Train Your Kids, Heather is also:

- The former Fitness Manager for The Resort at Longboat Key Club
- A curriculum writer and Children's Book Author on confidence and self-esteem
- The Founder and Owner of BeMeBooks, Inc.
- The former Event Director for the Sarasota Music Half Marathon and Sarasota Open

- The former Wellness Director for Girls, Inc.
- A former Business Development Partner for a local gym and hormone therapy clinic

In late Fall of 2018, Dr. Kaufman was in need of a fitness and nutrition writer for an upcoming app. As luck would have it, Heather had just posted on LinkedIn she was, in fact, a fitness and nutrition writer. When Ken called Heather to inquire about her writing, she recalled thinking he was the ultimate professional, was thrilled he reached out, and they discussed doing business together. As the business evolved, Ken and Heather also discussed life in general and how each was doing.

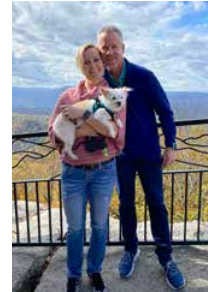
After almost 15 years in Sarasota, she ventured back to Ohio to spend time with her parents, but after a few months, she quickly realized Sarasota was her true home and moved back.

Dr. Kaufman was still in Sarasota, but struggling as his wife of 30 years was battling Pancreatic Cancer. In addition to running his practice, he was now a full-time caretaker to the mother of his children, and was utterly exhausted. When Ken's wife passed, he leaned on Heather for professional support, which quickly developed into a deeper friendship than either could imagine. They simply fell into each other.

Personally, Ken and Heather make an incredible team! But professionally ... they're unstoppable and more determined than ever to providing the highest level care and following Sarasota Sports Medicine's tagline, "You don't have to be a pro to be treated like one."

They're currently thriving at Sarasota Sports Medicine in the fields they're passionate about. Collectively, Dr. Ken Kaufman, Dr. Josh Odea, and Heather Hackett offer:

- **Deep Tissue Laser Therapy** – Class IV Laser Therapy is a non-invasive, safe, and effective treatment modality used to relieve pain, reduce inflammation, and promote soft tissue healing and repair. If you ever wonder how professional sports teams keep their world-class athletes off the sidelines and in the game, this is it!
- **Chiropractic Adjustments** – Chiropractic adjustments have been utilized by top professional athletes including Hall of Fame baseball player Jim Thome, major leaguers Chris Davis and Brian Roberts, Tiger Woods, Jerry Rice, Joe Montana and many more. It's safe, it's effective, and it just plain works!



- **Functional Exercise Rehab** – Post-surgery or post-injury? Get back in the game safely and effectively with a monitored rehab program designed specifically for you.
- **Micronutrient Testing** – Energy low? Feel like your body is lacking something? Tired of taking too many supplements? Sarasota Sports Medicine can easily prove, or disprove the effectiveness of your supplements with a micronutrient test.
- **Food Sensitivity Testing** – Eating less and gaining more? Tired of the bloat? When diets simply stop working and you want to know WHY ... they can help.
- **Dry Needling & Acupuncture** – Dry Needling helps reduce pain and restore function through the release of myofascial trigger points in the muscle. Acupuncture focuses on the treatment of medical conditions by restoring the flow of energy (Qi) through key points in the body (meridians) to restore balance.

- **Prolotherapy** – Prolotherapy is a huge reason athletes return to the game quickly! It's proven to help repair body tissues to:
 - Reduce pain and stiffness
 - Improve strength, function, and mobility of the joint
 - Increase the strength of ligaments and other tissues
- **DNA-Based Health & Wellness Testing** – Discover what diet and exercises work best for you, find out which nutrients you may be deficient in, and learn about your appetite and food sensitivities.

From bed-ridden patients to pro athletes, it's no wonder his testimonials are so genuine and heartfelt. "Dr. Ken is awesome! I recommend that everyone, regardless of your injury/pain point, to see him before you do anything else. You won't regret it!" It's that simple.

On a side note, Ken and Heather are proud to announce, as of August 30, they're engaged and plan to marry on October 23, 2021.

For additional information or to schedule an appointment, visit SarasotaSportsMed.com or call Sarasota Sports Medicine directly at 941.927.0546.

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TO BE TREATED LIKE ONE

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