



## **Keeping the Tampa Bay Lightning Injury-Free & Functioning at Peak Performance!**

Lutz, FL – April 15, 2016 – As the Tampa Bay Lightning bolt on to the ice for the first round of the playoffs, the team-behind-the-team remain in the training room...on call, ready to respond! At any moment, a player who just experienced a hip check, a twisted ankle, a wallop to the side of the head or any disruption in peak performance can count on the physician team to get their bodies back in integrity and on the ice.

Dr. Tim Bain founder of Bain Complete Wellness (BCW), is part of the training room team that makes it their mission to keep the lightning players playing to their optimum potential.

Having worked with athletes for more than 15 years, Dr. Bain has cultivated a unique, integrated approach to support athletes to keep them playing at their best while also accelerating recovery time. His revolutionary approach uses the training room model and integrates a team of providers of multiple specialties in order to optimize health.

*“If we can keep our professional athletes feeling great--whether they play hockey, baseball, football, tennis, golf, or are gymnasts, dancers, or weight lifters--using an integrated model such that they can ‘give it their all’ when in play,”* I thought, “why can’t my family benefit from this same approach?”

BCW replicated the same integrated approach into a medical model for all Bain Complete Wellness patients, so everyone can experience “giving it their all” in life. During the off-season, many of the Lightning players and their families maintain their wellbeing with support from any one of the Bain Complete Wellness centers located throughout Hillsborough and Pasco Counties. Many of our patients are not professional athletes, but are looking to live life fully every day, no matter the season.

In the meantime, Dr. Bain is honored to be a part of the integrated team of providers that will be traveling with the Lightning to keep them playing at peak performance!

### **About Bain Complete Wellness**

Founder, Dr. Tim Bain and his team of medical providers support the Tampa Bay Lightning, their families, and the Tampa Bay community on and off-season at one of the Bain Complete Wellness (BCW) integrated medical centers throughout Hillsborough and Pasco counties. The centers are comprised of a team of Medical Doctors, Psychiatrists, Chiropractic Physicians, Doctors of Physical Therapy, Soft Tissue Therapists, Nutritionists and Surgeons. Using his integrated medical model to maximize performance and accelerate recovery for professional athletes, the BCW medical team approaches each patient as if s/he is an athlete striving for peak performance in his/her own life!

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