

Dr. Angelique Waite, D.C., Founder of Revitalize Integrated Body Systems

Get to know Dr. Angelique Waite, D.C., a dedicated chiropractor serving patients in Menlo Park, Atherton, Redwood City, Woodside, and the Greater Bay Area of California.



Integrated Body Systems in Menlo Park, California, Dr. Waite specializes in treating a diverse range of individuals, including professional cyclists, dancers, first responders, golfers, and marathon runners.

Revitalize Integrated Body Systems is a multidisciplinary company offering chiropractic care, Pilates, corrective exercise, massage therapy, and more. The focus is on the three pillars of care: ReALign, ReBuild, and ReVitalize. Dr. Waite's team is dedicated to understanding the underlying reasons for conditions and addressing the root issues, translating to faster, more complete healing and an overall sense of health and wellness. They are committed to their patients' well-being, helping them achieve and enjoy a stronger, brighter future.

Dr. Waite's approach is distinguished by her Full Body Certification in Active Release Techniques® (ART®), a comprehensive soft tissue injury management system. Additionally, she is certified in the Graston Technique, using specialized tools for the effective treatment of soft tissue fibrosis and chronic inflammation. Her proficiency also includes certification in Fascial Movement Taping (ROCKTAPE), a dynamic kinesiology taping technique based on the interconnectedness of muscles.

Before entering the professional field, Dr. Waite was a competitive dancer throughout California and participated in various sports during her upbringing. She earned her Bachelor of Science degree in Exercise Science from Creighton University and graduated with her Doctor of Chiropractic degree from Palmer College. Her commitment to the field is further demonstrated by her continuous pursuit of knowledge. Since 1999, she has been an NSCA-certified Personal Trainer and is currently working towards a diplomat in Sports Chiropractic Rehabilitation.

Beyond her individual care dedication, Dr. Waite is committed to giving back to the Menlo Park community. Her participation in events such as the "Kids 4 Sports" Family Fun Run, the Otter Run, and the Big Bear Run showcases her commitment to community well-being. She has actively supported and trained with the Leukemia & Lymphoma Society, JD RF, and Beyond Type 1. Her expertise has contributed to her involvement in events such as the Ironman World Championships in Kona and the Crossfit Games.

Outside of her professional endeavors, Dr. Waite enjoys spending time with her family. You can often find her cheering on her son and daughter as they participate in various sports. She and her husband remain deeply passionate about supporting JD RF and helping other new Type 1 diabetes families. Dr. Waite's personal involvement in marathons and races reflects her commitment to an active and healthy lifestyle.

Learn More about Dr. Angelique Waite:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2107622-Angelique-Trinidad-Waite-Chiropractor> or through Revitalize Integrated Body Systems, <https://www.ribschiropractic.com/about-us/dr-angelique-waite-dc.html>

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Source : Dr. Angelique Waite, D.C.

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