

Marc A. Lewis, D.C., Recognized in America's Best in Medicine as a Pillar of Chiropractic Excellence in San Diego

Empowering Health and Healing Through Compassionate, Patient-Focused Care for Over Three Decades



San Diego, California Nov 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - For more than three decades, Marc A. Lewis, D.C., has been a cornerstone of the San Diego healthcare community. As Director of Contemporary

Health Care in East Mission Valley, Dr. Lewis continues to set the benchmark for patient-centered chiropractic care, combining advanced clinical expertise, compassion, and innovation to help individuals live pain-free, active, and balanced lives.

Since founding Contemporary Health Care of San Diego in 1988, Dr. Lewis has remained committed to improving his patients' health, function, and overall well-being. His practice specializes in the diagnosis and treatment of musculoskeletal conditions, including chronic back and neck pain, carpal tunnel syndrome, and injuries sustained in auto accidents and workplace incidents. Utilizing a blend of techniques such as spinal manipulation, therapeutic exercise, orthotic insert fittings, and physical therapy, he focuses on both immediate pain relief and long-term restoration of movement and strength.

Central to Dr. Lewis's approach is his whole-person philosophy—the belief that true healing involves understanding the patient beyond their symptoms. His method emphasizes open communication, mutual respect, and individualized care plans that take into account each person's lifestyle and health goals. By fostering lasting relationships with patients, he empowers them to actively participate in their recovery and adopt healthier habits that support lifelong wellness.

Patients consistently describe Dr. Lewis as a clinician who listens, cares, and delivers results. Many have praised his ability to ease chronic discomfort and improve quality of life, often after years of unsuccessful treatments elsewhere. His calm demeanor, meticulous attention to detail, and personalized care make him a trusted figure in chiropractic medicine across the San Diego area and beyond.

Dr. Lewis's extensive clinical expertise is complemented by a strong academic foundation and decades of practical experience. After earning his Bachelor of Science Degree from the University of California, San Diego (1985), he completed his Doctorate of Chiropractic at the Los Angeles College of Chiropractic in 1988. Following graduation, he undertook a preceptorship focused on auto accident and workplace injury rehabilitation, gaining valuable experience in managing soft tissue and whiplash injuries. This specialized training laid the groundwork for his comprehensive, evidence-based approach to chiropractic care—one that addresses not only pain but also the underlying biomechanical and functional causes.

In addition to his private practice, Dr. Lewis plays a vital role in shaping the next generation of chiropractors. He serves as an Associate Professor at Southern California University of Health Sciences and Logan Chiropractic College, where he mentors new practitioners in patient communication, clinical reasoning, and ethical care. His leadership extends beyond education; he collaborates closely with primary care physicians, orthopedic surgeons, neurologists, and neurosurgeons, ensuring that patients receive coordinated, multidisciplinary care when needed.

A longtime San Diego resident since 1966, Dr. Lewis's roots in the community run deep. Originally from New York, he moved with his family to Southern California at an early age and has remained committed to the region ever since. His dedication to giving back is evident through his extensive volunteer work. Over the years, he has served as the official chiropractor for the Holiday Bowl (2007–2017), contributed to the World Baseball Classic (2009), and supported major athletic events such as the Rock and Roll Marathon (2000). During the massive fires in 2014, Dr. Lewis was also one of the chiropractors who treated firefighters at Gillespie Airport, providing crucial care to first responders working under extreme conditions. His efforts have helped countless athletes—both professional and amateur—recover from injuries and perform at their best.

Dr. Lewis's excellence and impact have been recognized through numerous accolades. He has been

voted “Best Chiropractor in the Neighborhood” and is a multiple-year recipient of the Spectrum Award for Excellence (2014–present). These honors reflect his unwavering commitment to his patients, the quality of his care, and the trust he has earned throughout his career.

Beyond his professional achievements, Dr. Lewis is known for his deep sense of compassion and connection with those he serves. He values the relationships he builds with his patients and their families, often caring for multiple generations within the same household. This personal connection, coupled with his dedication to continuous learning and innovation, defines the culture of Contemporary Health Care—a place where patients feel seen, heard, and supported.

As he continues to lead Contemporary Health Care, Dr. Lewis remains devoted to advancing chiropractic medicine while preserving the human touch that has defined his practice for over thirty years. His blend of expertise, empathy, and integrity continues to inspire confidence in patients and respect among peers.

Through his lifelong commitment to healing and community service, Dr. Marc A. Lewis stands as a model of excellence in chiropractic care—someone who not only relieves pain but also restores health, mobility, and hope.

Learn more about Dr. Marc A. Lewis:

Through his America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/marc-lewis> or through Contemporary Health Care, <https://www.sandiego-chiropractic.com/staff>

America’s Best in Medicine

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