Dr. DAIMEYON WILLIAMS



Chiropractor | Movement and Sports Health Professional | Owner, SPEAR Wellness and Fitness

Dr. Daimeyon Williams is a board certified, evidenced based Doctor of Chiropractic and brings more than three decades of experience across healthcare, movement, fitness, and athletic development to Cornerstone Performance Center. As a former AICA injury doctor and Chiropractic Physician with advanced education in sports health science and healthcare management, he combines clinical insight with a practical understanding of how people move, recover, and perform.

His lifelong connection to movement includes personal training, functional movement analysis, sport injury rehabilitation, military fitness management, competitive martial arts, track, basketball, cycling, endurance sport training, and triathlon completions. A National Academy of Sports Medicine Certified Personal Trainer, he has completed the training for the Certified Chiropractic Extremity Practitioner. Dr. Williams has worked with individuals ranging from new exercisers to soldiers, athletes, as well as active and aging adults. This broad background allows him to connect chiropractic care with mobility, stability, conditioning, injury prevention, and the real-world demands of work, sport, and everyday life.

Before entering chiropractic practice, Dr. Williams built a diverse healthcare foundation through combat medicine, nursing, emergency medical training, neurosurgical and clinical research experience. He earned his Doctor of Chiropractic and Master of Science in Sports Health Science from Life University, an MBA with a concentration in Healthcare Management, and a bachelor's degree in Biology at California State University San Bernardino. Additionally, he is a graduate of the California Military Academy, where he obtained his commission as a military officer. These experiences support a whole-person perspective that values clinical excellence, collaboration, and evidence-informed care.

Dr. Williams is also the owner and primary provider of SPEAR Wellness and Fitness, where he delivers sports performance enhancement, active recovery, therapeutic exercise, soft-tissue care, assisted stretching, lymphatic drainage and individualized wellness support. Through SPEAR's integration with CPC, he helps create a bridge between chiropractic care and progressive movement-based rehabilitation, serving athletes, weekend warriors, personal-injury patients, and individuals committed to moving and living well.

On a personal note, movement and athletic performance have been important parts of his life for many years as a former athlete himself. He currently enjoys golf, tennis, and weight training. Dr. Williams is originally from Boston, MA and remains an unabashed New England Patriots fan! Finally, Dr. Williams is fluent in Spanish and welcomes Spanish Speakers of all nationalities.

MISSION

To empower people through chiropractic care, purposeful movement, and practical education, helping every patient move beyond symptom management toward strength, resilience, and lifelong wellness.