

Chiropractic Helps

- Headaches & Neck Pain
- Spinal Pain & Curves
- Postural & Dance Alignment
- Hip & Knee Pains
- Ankle & Shin Pain
- Chronic Achilles' Tendonitis
- Foot Pain & Fallen Arches
- Turn-out & Pointe Work

Dr. Giangiulio



Jack R. Giangiulio, D.C., B.S. is internationally known for treating dance professionals backstage and in his Newport Beach, California office.

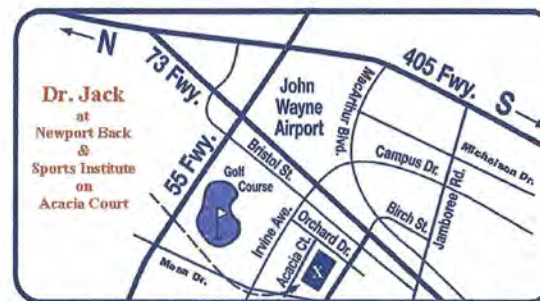
He is a sought after dance injury consultant and lecturer as well as an Assistant Professor at the Southern California University of Health Sciences. He is published in *Dance Teacher Magazine*, *Dance Spirit Magazine*, *Dynamic Chiropractic* and *DROC News*. For more information about Dr. Giangiulio and his articles go to:

www.danceinjurydoctor.com

Experienced Hands

- Over a Decade of Experienced Treating Professional Dance Companies
- Honored as a Top American Chiropractor by the Consumers' Research Council of America
- Assistant Professor at Southern California University of Health Sciences
- Past Lecturer of 'Kinesiology For Dance' at University of California - Irvine
- Consultant & Lecturer to Dance Companies & College Dance Departments
- International Association for Dance Medicine and Science
- National Dance Association
- American Alliance for Health, Physical Educator, Recreation and Dance
- American Association for Health Educators
- AAHPERD Research Consortium

Newport Beach Office



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Dance Injury Specialist

Healthcare
for
Dance Professionals



Appointments

(949) 851 - 2225

www.danceinjurydoctor.com

Dance & Chiropractic

Dance is an art form based on proper body alignment to perform beautiful feats of agility and strength. Chiropractic is a healthcare system based on proper body alignment to promote optimal health and body performance.



Chiropractors are specifically trained and educated in applying biomechanical treatments that will improve a dancer's abilities.

The rigors of dance cause alterations in joint alignments, whether the joint is in your foot or in your spine. These alterations prevent proper joint motion and may cause injury and muscle tightness.



Joint alterations will also effect a dancer's ability to create the proper lines of technique and over time, if left untreated, will lead to undesirable dance habits.

Dance Chiropractor

It is important for a dancer to find a chiropractor who specializes in Dance Injury. Dancers need more than adjustments; they need a doctor who fully understands how to treat dance injuries and most importantly how to properly return dancers back to dance (as soon as possible).

In addition to returning the dancer to the stage, the chiropractor must correct alterations in the dancer's techniques to prevent future re-injuries.



When dancers dance with pain, their bodies will alter their lines to avoid the pain. The longer the dancer dances with altered lines, the greater the chance of the dancer assuming these improper lines. Improper dance lines will lead to further injuries. In fact, most dance injuries stem from altered dance lines.



Dance Rehabilitation

If a dancer's lines of technique have been altered, it is imperative for the dancer to be treated with Dance Specific Rehabilitation. Dance Specific Rehabilitation should not be based in strength training as strength training will cause unnecessary overuse, fatigue and lead to more injuries.

Dance Specific Rehabilitation involves advance neuromuscular control training and movement training to reconnect the dancer's body with the lost lines and techniques.

Dr. Giangiulio's years of experience have lead to the creation of the four Dance Specific Rehabilitation Programs that reconnect the dancer with the foundations of dance. If a dancer has problems in any one of the four areas, the dancer will have altered lines and a higher chance of injury.

Dance Specific Rehabilitation Programs

- Foot Control Training
- Turn-out Training
- Movement & Center Training
- Shoulder Control Training

