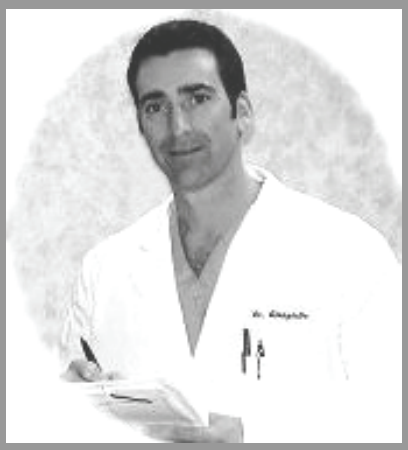
## Meet the Dance Doctor



**Jack R. Giangiulio, D.C., B.S.**

- ☼ **Honored as a Top American Chiropractor by the Consumers' Research Council of America**
- ☼ **Over a Decade of Experience Treating Professional Dancers Backstage During Performances**
- ☼ **Consultant & Lecturer to Dance Companies & College Dance Departments**
- ☼ **Doctor & Lecturer for Ballet Summer Intensive Programs**
- ☼ **Published in Dance Teacher Magazine, Dance Spirit Magazine, Dynamic Chiropractic and DROC News**
- ☼ **Member of the International Association for Dance Medicine and Science**
- ☼ **Member of the National Dance Association**
- ☼ **Assistant Professor at Southern California University of Health Sciences**

# Dance Injury Specialist

*Jack R. Giangiulio, D.C., B.S.*

## *How to Dance with an Injury*

***(Always consult a doctor before dancing while injured)***

A. Pre Dance Care:

1. Systemic Warm-up (6 min.)
   Ex. Light Intensity Jog or walk
2. Lightly Stretch Your Injured Areas
   No Pain Please

B. Post Dance Care:

1. Immediately Ice Injury (10- 20 min.)

* Multiple Rehearsals or Classes:

* Must Have at Least a 20 min. Break in Order to Ice

1. Ice (10 Min.)
2. Systemic Warm-up (6 min.)
3. Stretch Injured Area (4 min.)

Total Time = 20 min.

* Don't Have 20 min. (Do not Ice)

Keep Moving the Injured Area
Ice When Your Break is 20 min. or More

## *Offices of Dr Jack R Giangiulio, DC*

*Experienced Healthcare for the Dance Professional*

Dr. Giangiulio is internationally known in the professional dance community for treating numerous dance companies and solo artists. He is a chiropractor whose unique knowledge, skills and experiences has made him a sought after authority in the field of Dance Medicine. He maintains a private practice in Newport Beach, CA and may also be contracted for lectures, consulting and healthcare treatments at loci events and productions.

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