

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 Dance Summer Intensive Programs
- ☀ Published in Dance Teacher Magazine, Dance Spirit Magazine, Dynamic Chiropractic, OC Parenting Magazine, and D.R.O.C. News
- ☀ Past Assistant Professor at Southern California University of Health Sciences
- ☀ Past Lecturer of "Kinesiology for Dance" at the University of California - Irvine

Dance Injury Specialist

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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.

Contact Info:

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