

# CHIROPRACTIC HELPS KEEP CANADA'S ATHLETES IN THE GAME

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**T**here was a time when an injured athlete had few places to turn: often it was up to their trainer to get them back in the game. But as the sports market has become increasingly competitive so too, has the importance placed on ensuring the health and well-being of the athletes.

The services of a chiropractor have become integral to this process

Chiropractic is now recognized as an important and effective method of care at all levels of sport. Doctors of Chiropractic are specifically trained in the prevention, diagnosis and treatment of muscle and joint injuries often associated with sport and recreational activities.

The Hamilton Bulldogs hockey club for example has enlisted the services of local chiropractor Dr. Ralph Sciuolo to help keep the players healthy and accelerate the recovery time for most injuries.

Dr. Sciuolo has been embedded with the Hamilton Bulldogs for over a decade now, confirming the values of integrating a chiropractor into the health team for high level athletes. "The addition of the chiropractic approach in terms of addressing joint mobility, soft-tissue integrity and biomechanical function aids in both injury treatment and prevention," says Dr. Sciuolo.

The success of the Bulldog's health

model demonstrated the value of building integrated health teams with representatives from a variety of health disciplines.

The Bulldogs have put together a team of health professionals who use a multi-modal approach to keep players healthy and fit. Dr. Sciuolo's contribution to prevention and treatment is seen as invaluable.

Besides proving traditional chiropractic treatment, Dr. Sciuolo also provides soft tissue therapy, acupuncture and advises on strengthening and stretching. Players even ask his advice on diet and proper sleeping positions.

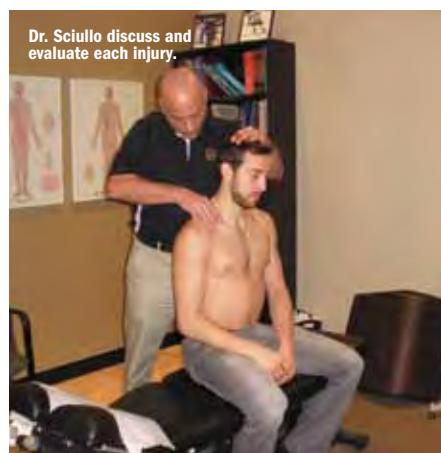
Working as a team, LeBlanc, Sciuolo and team physicians Dr. David Robinson and Dr. Steven Cusimano discuss and evaluate each injury and collaborate to determine the right course of treatment.

"It's definitely a team effort," says Dr. Robinson, "but if it's a back-related injury we immediately defer to Ralph's expertise."

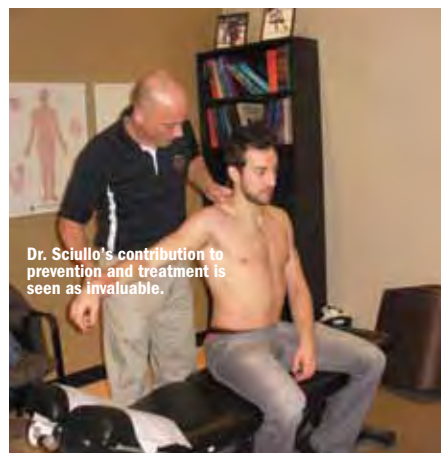
Chiropractors have been selected as attending doctors at national and international competitions, including the Olympic Games. They are also on the staff of a number of professional sports teams.

So, whether it is for the Leafs, Canada's Olympic hockey team or the Hamilton Bulldogs, chiropractic is a trusted part of a team health care approach that

gets players off the injury list and back into the game.



Dr. Sciuolo discuss and evaluate each injury.



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To find a chiropractor near you visit [www.chiropractic.on.ca](http://www.chiropractic.on.ca)



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