

# Sports Talk



## Sports Talk President's Report

Dr. Kelly Lange, DC, CCSP

Hello members! I hope you have had a fantastic 2016 and have been doing well since we last saw each other in Denver for the symposium. Your executive committee is working hard to plan another great event for you and we are looking forward to seeing you in New Orleans in October. We are excited to get this issue of Sports Talk into your hands, with updates and information from the ACA Sports Council and sports chiropractic. The ACASC Executive Committee is constantly working to find ways to increase our communication with you – the members – to add to your member benefits and to your practice. We hope you enjoy this issue of Sports Talk.

I would like to take a moment to thank the hard-working members of the Executive Committee and introduce you to our newest board members. Dr. Nick Hastad, from Minnesota, is your 1st VP that you elected last fall. He has been working with the ACA to ensure their recent changes in their database management have a positive impact on your renewal experience; stay tuned for more exciting changes as they learn all that the system can do for the membership. If you have had any issues with your membership or the renewal process, please don't hesitate to contact him at [vicepres1@acasc.org](mailto:vicepres1@acasc.org). Our other new addition is Dr. Carly May of Colorado. She was appointed to the position of secretary after Dr. Michael Tunning resigned from the ExCo in October. She is taking our ExCo and our organization to the next level with integration of technology and keeping our social media presence growing and healthy. We also have a new liaison to the ACA – Dr. Robert Jones of New Mexico. We value his insight and welcome him to the team. Dr. Jones takes the place of our previous ACA liaison, Dr. Mike Simone

of Colorado. Dr. Simone and I came to the ACASC ExCo at the same time, and we learned and grew with the ACASC together over the years. His knowledge and service have been of great value, and we thank him for his time and commitment to our organization and our profession.

The year is shaping up to be an exciting one for Sports Chiropractic, with many docs headed to Rio to assist in care for our Olympic athletes. We wish you well and thank you for your time and dedication to our athletes and our profession. We look forward to hearing about your adventures – in Rio and in small town, USA - so please send us your stories and make sure to keep us involved on social media with hashtags: **#acasc #acasc2016 #sportschiropractic**.

I want to personally invite all of you to join us in October for the 2016 ACA Sports Council Symposium. As always, we have an exciting weekend planned for you, with top-notch speakers, hands-on learning sessions, a vibrant vendor hall, and of course, fun networking and social experiences - all in the exciting city of New Orleans, Louisiana. So mark your calendars for October 7-8! You can register at the website at [www.acasc.org](http://www.acasc.org). See you in October!

Kelly Lange, DC CCSP  
President, ACA Sports Council



# Pioneer. Trailblazer. Olympian. Hall of Famer. Buckeye.

Eric C. Hammerstrom

Robin Hunter is all of these, and as the 2016 Olympic Games in Rio approach, athletes and chiropractors can thank Hunter for making chiropractic care a regular part of sports medicine at the highest levels of competition. So can ballerinas.



For the past 30 years, Dr. Hunter put in full days at the office, then headed to the training rooms, sidelines on game nights, and backstage at BalletMet Columbus, taking chiropractic care directly to athletes in a time when women and chiropractors were few and far between in the world of big-time athletics.

“I had lots of battles and lots of hard times just dealing with a testosterone-driven male world, but what doesn’t kill you makes you stronger,” Hunter explained. “It’s funny. When I graduated from college, I was going to be a school teacher and had lots of injuries from my days in gymnastics. I walked into a chiropractor’s office for help with my neck injury and when I left, I said, ‘this is what I want to do.’”

Hunter followed her passion at Logan College of Chiropractic, and became a member of

the student sports council. After graduating from Logan, Bob Hazel and others on the American Chiropractic Association Sports Council encouraged her to run for treasurer. She served on the executive committee when chiropractors were just beginning to work in official capacities with US National Teams.

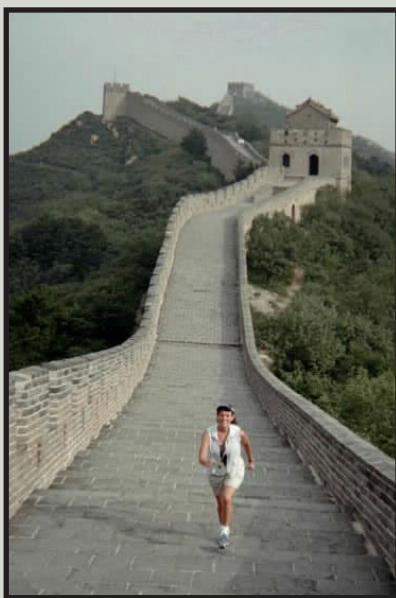
“The first two chiropractors to go (to national team events) were Tom Hyde, who went to the Pan Am games, and Jan Corwin, who went to Seoul, Korea,” Hunter explained. “Four years later, Phil Santiago was chosen to go to Barcelona. That’s when I decided I didn’t care what it took; I wanted to work with an Olympic games.”

Oddly enough, the first stop in her Olympic journey was a theatre in her home of Columbus, Ohio--the BalletMet--where she began treating members of the professional ballet company. Hunter noted that the dancers were among the greatest professional athletes she has ever encountered, adding that they dance through incredible pain each day. Then, Hunter set her sights on working with athletes at Ohio State.

“Russ Rogers, one of the track and field coaches at the time (1996), asked if I could come to campus, because it was hard for the students to travel to our office.

“He asked me to work on his shoulder, and I joked that if I did, I’d ask him for a letter of recommendation in three years for an internship in Colorado Springs with the U.S. Olympic Training Center. Four years later, in 2001, I got a letter congratulating me that I’d been appointed for the World University Summer Games in Beijing, China.”

Hunter said the experience in Beijing was “wonderful,” with work breaks allowing her time to join teams when they toured the Great Wall and The Forbidden City, where she and the U.S. Volleyball Team were the tallest people in crowds of thousands.



Her Olympic wish came true in 2002, when she was appointed as a chiropractor for the U.S. Olympic Team for the Salt Lake City Olympics--the first chiropractor ever at a Winter Olympics--proving the value of chiropractic care for athletes in winter sports. The next winter games, in Torino, Italy, included two chiropractors--one for rink sports and one for mountain sports.

Olympic ring attained, Hunter became a Buckeye, shifting her practice to full-time sports medicine and joining Ohio State University's Center for Integrative Medicine in 2004, as a clinical assistant professor with the Ohio State University College of Medicine and chiropractor with OSU Sports Medicine and Rehabilitation, the Performing Arts Medicine Program and a clinical associate professor at the Ohio University Heritage College of Osteopathic Medicine.

Again, she blazed a trail along the sidelines for women, treating Buckeye athletic teams including cross country, track and field, volleyball, football, and men's and women's basketball, all while still working with BalletMet.

“In so many environments where you are the first, how are you going to be met?” Hunter asked. “First, as a woman, and then as a chiropractor.”

“When I was younger, I said, ‘someday, I’m going to work for that university,’ and when I finally did, it seemed like I was going from a rowboat to a cruiseliner, but really it was a battle ship. There is so much competition over who gets the patients--surgeons, therapists, athletic trainers, and now there’s this chiropractor in the mix. It took years of building relationships with therapists and physicians.

“We have to build relationships. We don’t get out of chiropractic school and into a practice that will provide business. We are on our own and have to hack it out. When I was a young kid in gymnastics, my coach would say, ‘Robin, get up and try it again.’ I remember her saying



the only time you fail is when you stop trying.

“Even going on the sports council, I was a new graduate, a woman with all these guys, and I had to hack it out and make myself known among all these guys. That’s how it is for women and how it is for chiropractors. There is no giving in. You have to try or unless you fail, and there is no failing allowed.

Hunter has just retired from Ohio State after 13 years, and is proud of the advancements she and her colleagues have made in the care athletes receive.

“I felt that athletes were an underserved population, and that’s been true for decades,



but it's so much better nowadays," she said. "Overuse injuries start to compound... and how many hits can you take before things break down."

Hunter said her time at Ohio State helped her fully understand the demands placed on young athletes.

"We convinced coach Jim Tressel that we needed massage therapists and chiropractors for his team. Even after the first week, the guys who got worked on recovered faster, and the trainers asked us to double the work we were doing. From football, it spread to other teams. They trained better, lasted longer, and were healthy further into the season.

"And these athletes were hurting. We look at them as heroic icons, but they are hurting. We don't see that as the public. When they woke up the day after a game, they could hardly get out of bed.

"One of the football players estimated he experienced a head-on collision going 30 miles-per-hour forty or fifty times per game. "Those athletes need intervention and prevention. Intervention when they've got pain and prevention. A body working properly is less apt to get injured and provides performance enhancement, as well."



Hunter was inducted into the ACA Sports

Chiropractic Hall of Fame in 2013.

"Nothing was a greater honor," she said, "than to receive that recognition from my colleagues." She added that the induction ceremony moved her to tears.

While she is retired from Ohio State and the Ballet Met, she plans to continue partial private practice and to "do a lot more teaching" while living in Columbus with her husband, Jeffrey (a D.C. and a D.O.), who works in healthcare administration.

She noted that she pursued the diplomate sports chiropractic training, has lectured nationally and internationally on sports-related topics, has been post-graduate faculty for both Logan and Chiropractic College, and was a contributing author of "Conservative Management of Sports Injuries," first and second editions.

When asked if there is one thing she'd remember from her career above all else, she referred to an Olympic moment.

"When the medical director and we were all gathered together at the end of the winter games, he said, 'I want to tell you this has been the most successful games we've had, and that's in part due to you guys. I want you to remember that you will be Olympians for the rest of your life.'

"It is a great responsibility. That Olympic ring is still on my finger and not a day goes by where I don't feel blessed. I will live a life of morality and integrity to honor the experience I had."



# Recognizing and Preventing The Female Athlete Triad

Dr. Scott F. Gillman



**Dr. Scott F. Gillman**  
**Diplomate: American**  
**Chiropractic Board of**  
**Sports Physicians**  
[www.DrGillman.com](http://www.DrGillman.com)

Three entities - disordered eating, altered menstrual cycle and subsequent bone loss are the hallmarks of a syndrome called "The Female Athlete Triad". The metabolic consequences of energy deficiency in young female athletes affects hormone levels, menstrual

cycles, immunity, bone strength and the ability to repair from the stress and strain of exercise. The Triad causes lifelong impairments if left undiagnosed, and sports chiropractors might be the first primary provider in a position to examine, order tests and coordinate care.

Dysmenorrhea or amenorrhea are the first clues that the Triad exists, but usually signs and symptoms with resulting health consequences are not always obvious. A history might reveal disordered eating, such as binge dieting or frequent weight gain and loss cycles as well as psychological issues such as fear of weight gain, family-related stressors and social issues such as domestic abuse. Young female athletes with the Triad have symptoms that can include persistent orthostatic hypotension, chronic pain, recurring injury or an inability to fend off illness.

On physical examination, female athletes

suffering with the Triad might reveal lanugo, the excess growth of soft, fuzzy hair on the face, arms or torso, or Raynaud's phenomenon in the hands or feet. Routine blood tests results are often normal, so when the Triad is suspected it is necessary to evaluate FSH and LH levels. Rule out D3 deficiency and osteoporosis. Girls and young women suffer from eating disorders more than their male counterparts and struggle more with body image, often fueled by media hype or expectations of leanness relative to their sport, such as ballet, as opposed to basketball.

Mental health counselors, PCPs, coaches, family members and even close friends can offer help and support in keeping the athlete on path to recovery so they can stay in their sport. We sports chiropractors should be the leaders in examining athletes and understanding their unique needs, and we play a vital role in helping to prevent the Triad so that our female athletes can experience the joy of sports well into their adult years.

#### References:

Wendy Marcason, RDN. (2016). Female Athlete Triad or Relative Energy Deficiency in Sports (REDS): Is There a Difference?; Journal of the Academy of Nutrition and Dietetics, 116(4), 744.

Curry, E. J., Logan, C., Ackerman, K., McInnis, K. C., & Matzkin, E. G. (2015). Female Athlete Triad Awareness Among Multispecialty Physicians. Sports Medicine Open, 1-7. <http://doi.org/10.1186/s4079801500375>

# Wishing the Best to Our Chiropractors Heading to Rio!



This is the first time in the history of the games that a Doctor of Chiropractic is the Chief Medical Officer for a national organizing committee!

Dr. Ben Cowin  
World Rugby

Dr. Norman Eng  
USA Track and Field

Dr. Celeste Gabai  
Olympic High Performance  
Training Centers, Gonier

Dr. Josh Glass  
USA Track and Field

Dr. Sherri LaShomb  
USA Taekwondo

Dr. Bill Moreau  
chief medical director





# Martial Artist to Medical Staff

Stephanie Tolonen, DC, MS



Walking into University of Colorado Boulder's Recreation Center on Saturday morning brought back emotions I had not felt in 15 years. As we rounded the corner to the room where the 41st annual National Collegiate Tae Kwon Do Association's championship tournament would commence, I walked through an aromatic cloud, unique of soft plastic looming in the entry before the red and blue mats on the floor were noticeable in my view. I was instantly transported back to my first state championship tournament, except the uniform I wore today was the red shirt of the medical staff and not my crisp, white dokob. Plus, the bag I carried on my shoulder was filled with athletic tape and RockTape, cover roll, band-aids, and other first aid equipment instead of my chest guard, shin and arm guards, and mouthpiece.

It has been 8 years since I participated in the sport, and I was ecstatic to be in this venue to help take care of athletes, instead of being one of the athletes. It was a time for me to change hats, and it would be the first time at a tournament where I wasn't competing. Despite my excitement for this new opportunity, I still

donned the nervous stomach that plagued me at every other tournament in which I participated (not to mention national boards). What if I didn't know what to do? What if I didn't think fast enough and missed something in that 60-second on-the-mat time limit we were allotted? What if \_\_\_\_\_? I was one of the youngest docs present and wanted to do my part in keeping our athletes safe, as well as make a good impression on my colleagues for the weekend.

With six rings of competition, the majority of our medical team was directed to the floor



to ensure we had enough eyes on the athletes. Overstimulation was unavoidable on occasion: trying to keep my eyes in so many places at once, making sure my ears were tuned-in for hits, falls on the mat, or the words "medic!" And attempting to determine where we were needed through the echoes.

The referee's voices bellowed throughout the gym, only overshadowed by the athlete's yells and the cheering of the astounding crowd. With over 450 athletes



# Martial Artist to Medical Staff

Stephanie Tolonen, DC, MS



representing 74 colleges, saying Saturday was a crazy day in an understatement. We were inundated with pre-event taping, and possibly more concussions on any single day of the event than Drs. LaShomb and Allen had seen in recent history.

Our team of varying professional backgrounds handled our long days very well; Sunday was also a busy day with our black belts competing. Much like other events I have worked, there was very little chiropractic care delivered, surpassed significantly by emergency medicine triage, first aid, and taping. I had some great learning moments from the other practitioners, and received some invaluable feedback that has made me a better chiropractor. As much as I loved being able to help the athletes, I wish I had more time to be a fly on the wall and learn from my colleagues: they say if you're the smartest person in the room, you're doing something wrong, and I was so humbled to be surrounded by people with so much more, and such different, experience that I have on my own.

This sunny last weekend of April was a great opportunity to interact with my sport in a different

way than I have been able in the past. An athlete shared with me his plan to volunteer in his home country after graduating from medical school, and upon finding out our staff was also volunteering, repeatedly thanked me (and our team) for taking the time to come care of them. It was an honor, because none of us were there for appreciation. We were there for passion. The most moving moment of the weekend was the grandiose acknowledgment we received from the referees, even staff, coaches, and athletes: as a martial artist, standing in front of hundreds of people who are thanking you for their service to them through the age-old sign of respect, the bow, will always stick with me. Komapsumnida.





# Team USA Utilizes Chiropractic Care at 2015 Pan American Maccabi Games



Over 400 athletes represented the United States in the 2015 Pan American Maccabi Games in Santiago, Chile this past January. Team USA included 5 physicians and 8 trainers caring for the athletes during practices and competition at the games. Dr. Brian Laiderman, DC, MS, was again selected as the only chiropractic physician for Team USA, and was in charge of all musculoskeletal injuries and treatments for the athletes.



Dr. Laiderman is extremely proud to serve these olympic-caliber athletes. "Being the first chiropractic physician to be hired onto the official medical staff for Team USA is an honor. I am excited to represent my profession with an opportunity to expand chiropractic into a full integration with all levels and specialties of sports medicine. It is very important for chiropractic to be on the fields at practices and games in order to offer the athletes the widest range of musculoskeletal treatment options."



The collaboration of the various medical disciplines also serves the athletes very well. According to Dr. Laiderman, "Giving athletes a full range of sports medicine professionals at their disposal, they have no hesitation to go out and perform at their greatest ability without any restraints. Being a physician on a team of specialists is incredibly fun because of the greater effect of the combined specialties. On these trips, I get the opportunity to collaborate care amongst other sports medicine practitioners and trainers daily. You learn from each person and their life worth of professional experiences. The collaboration of care and the educational information learned while on these trips is invaluable."



***Dr Brian Laiderman DC, MS***

# The ACA Sports Council's 2015 Annual Symposium and General Membership Meeting

The 2015 ACA Sports Council's annual symposium was held October 23rd and 24th at the Embassy Suites Hotel in Denver, CO. With close to 200 in attendance, it was a weekend filled with stimulating lectures, exciting vendors and amazing social events.

Over the course of the weekend, there were 16 hours of lectures and hands-on learning with a wide variety of topics including: treatment of the warrior athlete, sleep and performance, movement mapping and many more. Back by popular demand, there were also 4 hours of breakout sessions available for attendees with doctors and students able to learn in an intimate setting from amazing speakers.



***Dr. Nicholas Studholme instructs a breakout session on ankle mobility.***

*(Photo submitted by Dr. Carly May)*

The Annual General Meeting (AGM) and luncheon was a time to celebrate the year's achievements and award the winners of the 6th Annual Tom Hyde Poster Presentations, with over \$5000 awarded to the winners and participants in the poster presentation contest. The first place prize of \$2000 went to Ben Jelinek from Northwestern University with his poster topic of Reaction Time Field Test. This year's competition also marked the 2nd Annual ACA Sports Council Student Scholarship Fund; funds collected through this program are matched by the ACA Sports Council. In addition to individual donors, institutional donors contributed to this fund. We would like to thank Palmer College West, Performance Health and Southern California University of Health Sciences for contributing to the fund and supporting the future of sports chiropractic. Please watch for more information throughout the year regarding this program and ways you can contribute.

Also during the AGM, new officers to the Executive Committee of the ACA Sports Council were announced. Dr. Kelly Lange was re-elected to her second one-year term as President of the ACASC. The Executive Committee was pleased to welcome Dr. Nicholas Hastad of Minnesota to the position of Treasurer as we bid farewell to Dr. Karlie Steiner-Bailey of Seattle, WA who finished her term. As always, the ACASC is grateful to the members of the Executive Committee for their service to the profession and the members.



***Tom Miller receiving the ACASC's 2015 Pinnacle Award***

A highlight of the luncheon and AGM was the Pinnacle Award presented to Tom "Bunky" Miller. The Pinnacle Award is given by the ACASC to a person who has given exemplary service to the ACASC from outside our profession. We were honored to have Bunky address our group as a keynote speaker, and hear the rich history he has with the Sports Council and his integral part in the inclusion of the ACASC and sports chiropractic into the Joint Commission of Sports Medicine & Science (JCSMS). Dr. Tom Hyde and Bunky worked together to get sports chiropractic to the table at JCSMS annual meetings. Although Tom could not be in attendance for the bestowment of this award, he surprised the recipient and the crowd with a congratulatory video!





***Dr. Russ Ebbets (left) and Dr. Ed. Feinberg (far right) pictured with poster contest winners: Alex Sundin, Judd Gines, Lindsay Pomeroy, Scott Colello, Ben Jelinek and Ryan Meyers.***

Appreciation awards were given by the ACASC to members who have gone above and beyond in their service to the Council and the Executive Committee. This year the Student Appreciation Award was given to Kyle Buth from UWS for his work in constructing a well-received student program in Denver. Dr. Lange also presented an Appreciation Award to Dr. Carly May of Colorado for her help in bringing all the pieces together for a successful symposium.



***Student Appreciation Award Winner Kyle Buth pictured with Student Executive Committee President, Andrew Strachan***



***ACASC President Dr. Kelly Lange presenting Dr. Carly May an Appreciation Award on behalf of the Council***



# The ACA Sports Council's 2015 Annual Symposium and General Membership Meeting



***Dr. Kelly Lange presenting the Sports Chiropractor of the Year award to Dr. Robert Silverman***

Perhaps the climax of the AGM was the presentation of the annual Sports Chiropractor of the Year Award.

This year's recipient has been a long-time supporter of the ACASC and his work in the fields of nutrition and sports chiropractic are unmatched – Dr. Robert Silverman. Dr. Silverman serves as a chiropractor, nutritionist and sports

performance consultant for professional teams (basketball, triathletes, football, track and field, MMA), Olympic athletes and hopefuls, high school teams, major colleges and acted as team doctor for the Amino Vital pro-cycling team. He serves as a member of the medical team



***Past Sports Chiropractor of the Year recipients***

of New York City's Triathlons and Marathons, the Westchester Triathlon and multiple international Ironman events. With many publications and public appearances to his name, Dr. Silverman is a voice for our profession and we thank him for the support he has given the ACA Sports Council.



***The 2015 ACASC Executive Committee Members***

The ACA Sports Council would like to thank all those that helped to make this symposium a success – from the many vendors to the exciting lecturers. Executive Committee Members are pleased

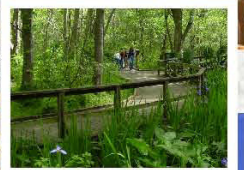
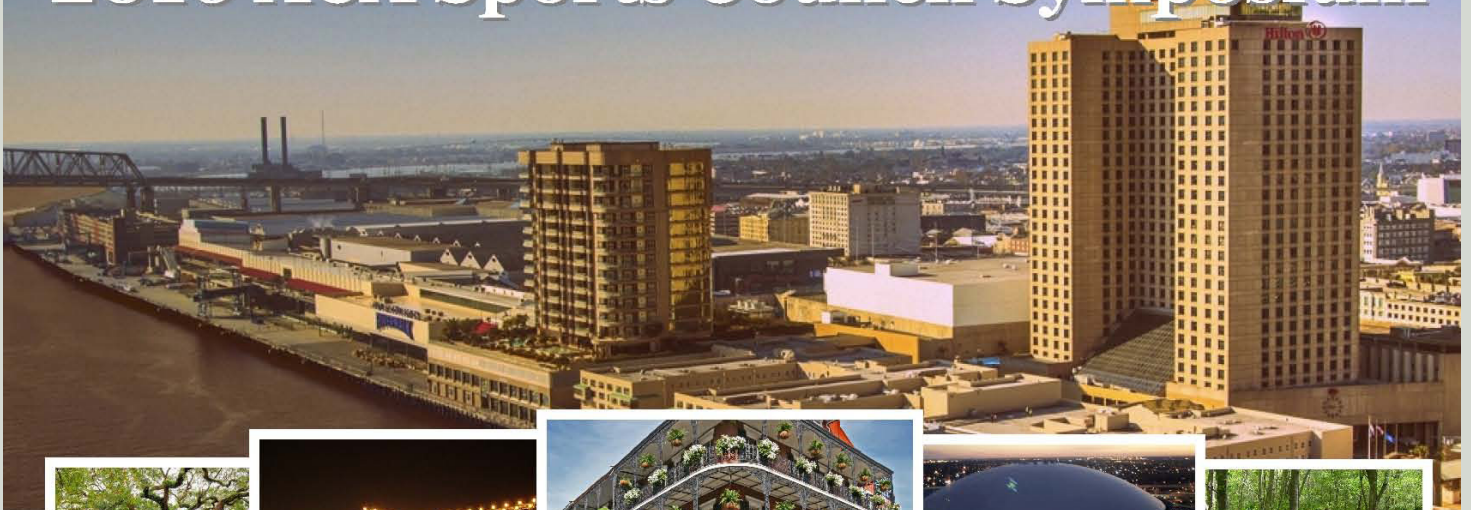
to announce the 2016 symposium will be held

October 7th-8th at the Hilton Riverside Hotel in New Orleans, LA. Save the date as we hope to see you there! Please visit our website [www.acasc.org](http://www.acasc.org) for more information regarding this event.



# SAVE THE DATE

## 2016 ACA Sports Council Symposium



**October 7th-8th, 2016**  
**Program begins at 8AM on Friday the 7th**  
**New Orleans, Louisiana**  
**Hilton New Orleans Riverside**

*Information on program & registration coming soon...*



**[www.ACASC.org](http://www.ACASC.org)**