

# Value of Chiropractic for USA Athletes

## Vancouver 2010 Winter Olympics

Message from ANJC Sports Council President  
Dr. Antonio Pugliese

**W**ith the ink still fresh on his passport I asked Dr. Blase Toto if he could write an article to share his Vancouver Winter Olympic experience with ANJC members. He titled the article "The Value of Chiropractic..." However, I would like to add that it is chiropractors like him that add value to chiropractic. On behalf of the ANJC Sports Council I would like to thank Dr. Toto for selflessly, skillfully and passionately representing our state, nation, and profession.

Dr. Blase J. Toto  
Chiropractor – USA Olympic  
Medical Team, Vancouver 2010

One of the first athletes I treated at the Vancouver Olympics was a long track speed skater. This was his second Olympics; in Torino he won gold, silver and bronze. In the past couple of months he had been treating a L4-5 HNP—diagnosed a year ago—with the team physical therapist. He had been getting limited relief with treatment to date. His coach



▲ Jaret "Speedy" Petersen shows appreciation by placing silver medal on Dr. Toto following aerial competition.

◀ Dr. Toto doing what he does best on an Olympic speed skater.



referred him to me. He stated he was having significant pain while skating and was unable to make it through practice without pain. He was also skating much slower in the past couple of months and had been taking Celebrex daily for 2-3 months.

I initiated CMT after discussing my treatment approach with his coach and physical therapist. Within one week he was completely off of medication and skating his fastest times in months. Though he went on to win a silver and bronze in Vancouver to add to his collection, I take no credit

for his victories. He is the one who has been training for years for this moment. I don't believe chiropractic improves performance, but I do believe that it can help relieve nerve interference, reduce spasm, relieve pain and restore function, allowing the athlete to function at *his* peak performance level.

Chiropractic has a strong role to play in sports. Chiropractic is appropriate for, valued by and utilized by the best athletes in the world. That perhaps is the best statement ever about chiropractic. **ANJC**