

## 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



## How to Dance with an Injury

### 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

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

## 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:** Newport Back & Sports Institute  
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