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Team USA Utilizes Chiropractic Care at 2015 Pan American Maccabi Games

Santiago, Chile - Over 400 athletes represented the United States in the 2015 Pan American Maccabi Games in Santiago, Chile this month with great success. With today's athletic mindset of bigger, faster, stronger, many of these athletes rely on various medical specialties to prepare and train their bodies for peak performance during athletic competitions. At these games, Team USA included 5 physicians and 8 trainers that shared the duties of 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.

Chiropractic's role is growing on the sidelines. Each day, Dr. Laiderman treated 20-30 athletes for various injuries including tendonitis, tendonosis, acute/chronic sprains/strains of the extremities, shoulder impingement syndrome, hip musculature weakness, musculoskeletal neurological deficiencies, headaches, and stomach irritation often due to traveling. Common treatments include chiropractic adjustments, ART (Active Release Treatment®), Graston Technique®, Spidertech Kinesiology® taping, Life Light® infrared therapy, physiotherapy, Game Ready® cold compression therapy, and nutrition therapy through Metagenics® and Standard Process®.

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.”

Dr. Laiderman first served in this role for Team USA for the World Maccabi games in Israel in 2013, and at both games, athletes experienced the difference chiropractic can make when bringing a different approach to conventional diagnosis and treatment of an injury. This year, Jillian Carroll, one of Team USA’s leading scorers on the women’s field hockey team, had been dealing with a leg injury for years. Dr. Laiderman reevaluated what Jillian had been told, and her course of treatment. She recalls. “For about four years I’ve experienced pain in my right leg, which is usually exacerbated after exercise and athletics. I have seen many practitioners for treatment, but never felt I completely healed. I was told that years of field hockey have lead to imbalances in my body, and it would be best if I limited myself to only certain movements and stopped competing in sports. Of course, being an athlete, that was not good enough. I traveled to Chile to play, but after the first game I walked off the field in pain. I tried to accept the fact that I would probably miss the rest of the competition. However, I was lucky that Dr. Laiderman was there. He did a thorough assessment, explained to me what was wrong, and how he could fix it.

After one treatment, I was able to compete without pain; I actually have never felt so good! My running felt lighter and my game improved. I scored 3 goals and 1 assist that game to defeat Chile 4-0. It would not have been possible without him. I’m so thankful for his help, and for helping me play to my full potential!” The win over home-team Chile helped the US women’s field hockey team earn the silver medal at the games.

Dr. Laiderman had a similar situation during the 2013 games in Israel. He recalls, “a woman on the US Badminton team had a high ankle sprain, bad enough to warrant a hospital emergency room visit and radiographic images. There, she was told nothing was broken but that she must stay off of her foot, wear a walking boot and use crutches for the remainder of the games; her games were over. After performing a thorough neuromuscular examination, I determined a different diagnosis and explained to the same medical staff that had prescribed this athlete onto non-weight bearing treatment the

biomechanical breakdown of what was happening, and I communicated that I would like to take full control of her treatment. After taking this athlete under my care and supervision, she went on to play in the games, and won gold and bronze medals for Team USA.”

Given these examples and countless other similar experiences in his practice, Dr. Laiderman believes athletes should always be open to various opinions from different medical disciplines, and as many are learning, an x-ray or MRI might not tell the whole story of why pain is present, or the actual source of the injury. In many cases, the underlying condition is misdiagnosed when relying on conventional western medicine and school of thought.

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. Laiderman is the head physician and owner of Optimal Performance Center (OPC), located in Chesterfield, MO. OPC serves patients in the greater St. Louis region, treating everyone from elite athletes to patients of all ages and walks of life. Dr. Laiderman is also a hand and foot expert in addition to his wide-range of chiropractic and musculoskeletal care and treatments. Another recent highlight for Dr. Laiderman was treating James Lawrence, aka The Iron Cowboy, on a few occasions during his successful and seemingly impossible quest to complete 50 full Ironman distances in 50 states within 50 consecutive days in the summer of 2015.

Maccabi USA (MUSA) is a federally-recognized not-for-profit 501(c)(3) organization with an extensive history of enriching Jewish lives through athletic, cultural and educational programs. The organization is the official sponsor of the United States Team to the World Maccabi Games, and the Pan American and European Maccabi Games.

Maccabi USA builds Jewish pride through sports, producing the emotional intensity, high ideals, and the powerful camaraderie of competition. They connect athletes, volunteers, fans, and supporters with the global Jewish community. Their athletic, educational, and cultural experiences build Jewish identity, perpetuate Jewish continuity worldwide, and strengthen support for the State of Israel.

Digital photos from the 2015 Maccabi Pan American Games are available at the following link. Please copy and paste the following link into your browser:

<https://drive.google.com/folderview?id=0B1CMwCAyEgSvR1hfQ1UxYjRHeIE&usp=sharing>

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