

Grappling With Chiropractic Care

With the recent popularity of MMA or mixed martial arts in the past few years it is not uncommon to flick on the TV and see these elite gladiators doing battle.

July 20, 2009 - [PRLog](#) -- The Ultimate Fighting Championships recently celebrated its 100th show and MMA clubs are springing up all over. With this rise in exposure, the sports of submission grappling and Brazilian Jiu Jitsu are becoming more common with in the American sports landscape. At the fore front is the Grapplers Quest, which is billed as the World's best grappling events and has grown immensely over the past 10 years. The Grapplers Quest runs submission grappling and Brazilian Jiu Jitsu tournaments through out the country and their circuit is growing each year.

One thing that has been a constant since day one is chiropractic sports care. Since the first Grapplers Quest tournament held in Montclair, NJ over ten years ago these athletes have been experiencing the benefits of chiropractic care. It all started with GQ president, Brian Cimins asked Bob Haley, DC, CCSP, of the ANJC Sports Council, if he would help organize sports chiropractors for a inaugural tournament. Over ten years later, the Grapplers Quest enjoys a much appreciated relationship with chiropractic healing arts. During those years Dr. Haley has organized members of the ANJC Sports Council to help at the events in New Jersey and New York. The list of ANJC sports council members who have helped through out the years looks like a who's who's in sports chiropractic. DC's like Ira Shapiro, Mark Jaffe, Bill Bonsall, Len Ershow, Brian Collier, Eric Nelson, Greg Doerr and count less others have helped extensively through out the years making the events work. And once the events in Las Vegas were added to the schedule, Dr. Roger Penna of Las Vegas, was contacted and has coordinated the events. Anyone that follows the combat sports knows that Vegas in a hotbed and Dr. Penna's help through out the years is greatly appreciated.

Recently, with the addition of Florida events, The FCA sports council has joined in on the fun. The Southeast championships for the Grapplers Quest, a rising star in the MMA/Grappling world was held at the Osceola center in Kissimmee, Florida on November 8 2008.. This was the initial entry into the Sunshine State for this organization but won't be the last. Already Coral Springs is set for August 8 2009 and they have expressed interest in Miami in 2010.

With the help of FCA Sports Council President, Carlo Guadagno, DC, CCSP, the Florida chiropractic team consisted of Dr.'s: Chris McNichols of Kissimmee, Sabrina Atkins-Bathalter of Orlando, Dom Uy of Lutz, Caroline Scott of Clearwater, Kathy Shaw of Kissimmee, Jimbo Haley of Lake City and Sandy North of Miami, a Sports Podiatrist who also competed and earned a few medals. Palmer-Fl. Upper quarter student and ACA sports Council member Matthew Ort and Dr. Guadagno all participated in this exciting and popular spectacle.

Most events draw over 500 competitors which vary in skill level from kids to professionals. Many of the current UFC fighters gained valuable experience at the GQ. And at the recent UFC 100 fan expo in Las Vegas, the Grapplers Quest ran a submission grappling tournament in front of approximately 15, 000 fans. The Grapplers Quest Submission Fighting circuit has events in New Jersey, Pennsylvania, Florida, California and Las Vegas. In addition to these locations the circuit is planning events in Dallas and a Midwest site for 2010.

Working a grappling event is a unique experience for a sports oriented chiropractor, due to the way Dr. Haley and Brian Cimins set the protocol up. Not wanting to exclude willing chiropractors from participation due to lack of event experience there is something for everyone. There is plenty of chiropractic and soft tissue work to be done. And for docs that are more comfortable with trauma injuries,

which can happen in combat sports, they can get experience there also. Through out the years in the New Jersey events, which routinely are large affairs there have been an array of injuries. And due to the ANJC sports council members these injuries have been handled professionally with great satisfaction.

In Florida, one of the more serious injuries involved a female participant who twisted her knee. She was triaged on the scene and fitted with a brace we had in our medical bag just in case exactly this would happen. The team's involvement with her didn't end at the event. In fact, she was referred to a sports Council member in her hometown. As it turns out she needed surgery but she was very grateful for all of our professional assistance and attention. This is why we do what we do.

GQ president Brian Cimins adds " We are very lucky and privileged to have Grapplers Quest's National Chiropractor Director, Dr. Robert Haley and the entire team support our events nationwide. The Chiro's treat minor injuries, sprains and pulls and assist competitors with adjustments and massage. Grapplers Quest believes in the great art of chiropractic treatment and would like to thank everyone who has supported us."

Words and stories like this demonstrate the value of dealing with athletes. Due to the efforts of dedicated chiropractors they will continue. The Grapplers Quest would like to thank Drs. Penna and Guadagno for their efforts. If someone would like more information they can log on to www.grapplers.com or contact Bob Haley at www.haleychiro@yahoo.com or www.haleyhealth.com

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Dr. Robert Haley is a certified chiropractic sports physician and past president of the Association of New Jersey Chiropractor's Sports Council. Dr. Haley was selected as the 2008 ANJC Sports Chiropractor of the Year.

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