

# Cutting Edge Treatment Helps Pakmen Men's U18 Earn National Championship Title

By Dr. Stephanie Anisko, B.Sc., C.S.C.S., D.C.

What started as an unfortunate event turned into a "Disney movie" for the Pakmen U18 Men's volleyball team, 2008 National Champions. On Thursday March 6, 2008 Coach Kelly emailed Dr. Ken Kinakin and me with some disappointing news: team captain and setter Jessy Satti just suffered a severe left acromioclavicular joint (shoulder) separation. He was anticipated to be out of play for at least five to six weeks, if not longer, making hopes for winning Nationals seem slim.

We encouraged Kelly to send Jessy over to our clinic, Phoenix Chiropractic Health and Fitness Clinic, in Mississauga to assess him and provide him with chiropractic treatment. My goal with Jessy was to control pain and swelling, and eventually to work on rehabilitating his shoulder to full range of motion and strength.

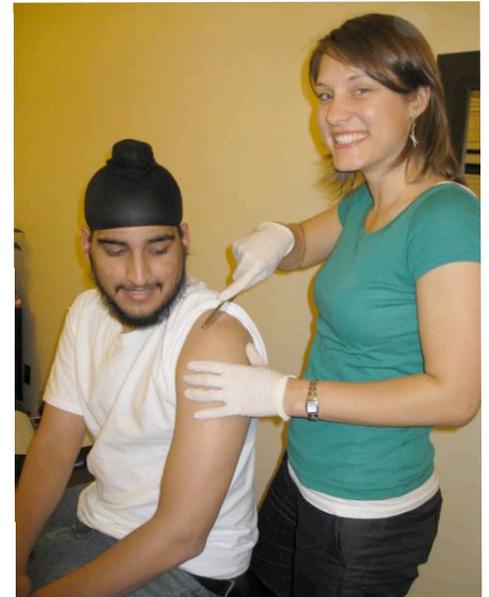
Cutting edge treatment techniques and medical technology helped me accelerate Jessy's healing progress. Using chiropractic adjustments, Graston Technique®, Active Release Technique®, percussion therapy, cold laser therapy, magnetic field therapy, and Kinesio Tape®, within two weeks I was significantly able to improve his range of motion, strength, and decrease his pain and swelling.



← Jessy Satti  
**1<sup>st</sup> treatment –  
Limited shoulder  
range of motion,  
decreases  
strength, and  
severe pain**



← Jessy Satti  
**After 3-4 weeks  
Shoulder range of motion  
full, increased shoulder  
strength, and little to no  
pain**



**Dr. Stephanie  
Anisko using  
Graston  
Technique®  
on Jessy's  
injured left  
shoulder**

By the weekend of Provincial Championships in April, Jessy was able to participate in practice and also play in a few games however it was important that the team save Jessy for Nationals.

It was a tough road for the team this year as many players were injured including Kristian Klud, Terrell Bramwell, Daniel Dearing, Andre Smith, Kadeem Clarke, and David Williams. Chiropractic treatment techniques similar to Jessy's case were able to make significant improvements in their injury status.

When the weekend of Nationals arrived, Jessy had worked on rehabilitating and strengthening his shoulder to a point that he felt strong and pain free. All of the players worked extremely hard to battle to victory in the finals. After spraining his ankle in the second game, Jessy heroically covered his pain to his team until after the match was done, to keep up their positive energy and win the National title!

I am so lucky to have worked with many of the wonderful athletes of the Pakmen Men's U18 team this year. Congratulations on your amazing accomplishment of National Champions. We are so proud of you! Good luck with your future careers. Congratulations to the amazing coaching staff on your hard work! I look forward to working with the Pakmen Volleyball Club next year!