

Chiropractic Benefitting Soccer Pros

Editorial Staff

Jorge Espinosa, head coach of the Twisters: "The use of chiropractic helps the joints, the extremities, and particularly the ankle and knee in soccer."

Karen Bisesi, DC, a 1996 graduate of National College of Chiropractic, who also holds a degree in sports medicine from Pepperdine University, is the official chiropractor of the Indiana Twisters of the Continental Indoor Soccer League (CISL).

Her relationship with the Twisters began when forward Matt Coyer of the Twisters sought her help to ease his low back pain. By the end of the year, she was treating approximately 80 percent of the team for a variety of ailments.

As the team's official DC, Dr. Bisesi attends every Tuesday and Thursday practice and every Twisters' home game. During the practices, she usually adjusts 15-20 players. She is also available to give adjustments before games and at halftime.

The team's support of chiropractic is in large part due to head coach Jorge Espinosa's history with chiropractic. Jorge nearly retired as a soccer player in 1984 from the nagging injuries incurred on the field. The chiropractic care he began receiving helped him to continue in the sport for another seven years. "It is important to recognize the problems caused by scar tissue and muscles," said Espinosa. "The use of chiropractic helps the joints, the extremities, and particularly the ankle and knee, in soccer."

"In indoor soccer, there are many injuries associated with the lower kinetic chain," explains Dr. Bisesi. "I spend most of my time evaluating and treating dysfunction of the feet, ankles, knees and hips. But the most common complaint I get from the players is low back pain," she noted.

This year, in just their second season in Indianapolis, the Twisters set a franchise record with 17 wins and earned a spot in the CISL playoffs.

Dr. Bisesi isn't charging down the field or scoring game-winning goal for the Twisters, but a team's success is always dependant on their physical well-being; some of the Twisters' success in this regard has to go to Dr. Bisesi's care.

The indoor soccer season is over, but you can find out more about the Twisters on the team's website: <http://www.indianatwisters.com>[/url]. Dr. Bisesi also has a website: <http://www.dr-karen.com>[/url].

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