



HOOPS CHIROPRACTIC

Family Practice and Sports Medicine

## Kristi Licera



I never thought I would appreciate someone digging stainless steel tools into my legs until I visited Dr. Hoops and experienced Graston therapy.

For those of you unfamiliar with Graston, six different stainless steel tools are used to treat a specific target area. As unpleasant as that may sound, trust me when I tell you: **IT IS WORTH IT!** In order to better understand what I mean, here is some insight into how I live my life, and a short story about how Graston (and Dr. Hoops!) likely saved my career.

I am a dancer. I have spent the last four years training and earning my BA in dance at California State University, Fullerton. My freshman year of college, I was part of the university's competitive team, which is separate from the dance major program that I was also part of. Our coaches constantly challenged our physical limits, and in one instance I rolled my right ankle. My 'can-do', nonstop attitude combined with my innate stubbornness caused me to do what I have always done: underplay the injury, ignore the pain, and continue training. Needless to say, that injury came back to haunt

me, especially as I began to excel in the university's dance department.



Over the next two years, I was consistently dancing and training between 40-60 hours a week during the school year, began teaching dance at a local competitive dance studio, maintained a position as a judge for regional and national dance competitions, and added fitness instructor to my expanding bag of skills. My ankle could not keep up with the amount of activity, and shortly into my sophomore year I began seeing the physical therapists and chiropractors on campus. For that entire year, I think we tried everything: soft tissue massage, orthopedic shoe inserts, an array of different strengthening and stretching exercises, close observations of my dance technique to see if there were more efficient



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ways for me to use my ankle, anti-inflammatory medications, the works. I ended up seeing my primary care physician, who - after an MRI, x-rays - wanted to recommend me to a specialist for invasive surgery. That was where I drew the line. Having ankle surgery was sure to halt my training for at least a few months and slow down the progress I was making. I also knew that with surgery, my range of motion and overall ankle strength would never be the same. But I had to do something. The pain was getting to the point where I was unable to complete whole dance classes at the university, and with a series of performances on the horizon, I needed something that would help (and fast!).

Graston was the answer. A month of intense, weekly sessions gave me back almost all of the range of motion back in my ankle to the point where I could begin to rebuild the surrounding muscles correctly with significantly less pain. I will be completely honest: Graston is THE most painful form of therapy I have ever undergone, but without it I would not be the successful, healthy individual I am today. **Four weeks to undo two years of misuse and abuse.** I almost could not believe it, especially since nothing else had worked. But working with Dr. Hoops and having regular Graston sessions has continued to improve what I once thought would be an untreatable, chronic condition.

My name is Kristi Licera. In May 2014, I will graduate Summa Cum

Laude from CSU Fullerton with a BA in Dance. I have an offer to join a professional dance company in New Mexico, and will be realizing my dream of becoming a professional dance artist. I am still actively teaching youth ballet classes and adult barre fitness in Orange County, and dancing like there's no tomorrow. I continue to see Dr. Hoops regularly, so if you don't believe me, come ask me some questions, and it is likely that our conversation will end with me inviting you to see one of my dance performances (or with a really bad pun...). I have nothing but gratitude for Dr. Hoops and his staff. Without them and Graston, I would not be able to continue doing what I love most.



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