

**Dr. Cherye Roche - Doctor of Chiropractic / Sports Chiropractor
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Addendum to CV regarding Sports Chiropractor qualifications

As I was trained in the U.S., and gained much of my sports Chiropractic experience in the U.S. and U.K. The following narrative will clarify the nature and extent of my qualifications and experience in sports Chiropractic and sports medicine for those in New Zealand who may be unfamiliar them.

Prior to studying Chiropractic, I studied kinesiology , (the study of human biomechanics and exercise physiology) as it relates to performance and recovery. This then led to participation in the sport medicine department of the University of Washington, and ultimately qualification as a Certified Athletic Trainer. This not only required a 4 year University qualification in exercise physiology, but also special courses in the athletic training and sports medicine tracks within the programme. This included over 1,000 hours of time spent in the sports medicine centre of a major university serving the elite athletes from a variety of sports. I spent most of my time there with the football (American) team, rowing crews, basketball teams and athletics teams (male and female). So, I have spent many hours on the sidelines of the track/pitch/court/boathouse as well as in the “training room” itself. In that environment I worked closely with the physiotherapy team learning and utilizing all of the modalities, the specialist medical team assisting with their exams and management of athletes, and the ancillary specialists such as the team Chiropractor, podiatrist, psychotherapist, etc. This is where I learned about Chiropractic and the contribution that it can have on injury recovery, rehabilitation and performance enhancement. During this time, as part of my studies, I also participated in an internship programme at the U.S. Olympic Training Centre in Colorado Springs. These experiences yielded an insight into the care of athletes at an elite level.

As a result of my exposure to Chiropractic in the sports medicine centre at the University of Washington, I enrolled at Western States Chiropractic College. During my time at WSCC, I was the President of the Sports Chiropractic Club, and I also taught an elective course to the students and faculty on sports injury management. This included assessment, management with physiotherapy modalities, taping and wrapping, as well as the sports psychology issues that athletes face when they are injured. In addition to this, my part time job during Chiropractic college was to serve as the Head Athletic Trainer at Concordia College, a local small university. I was in charge of sports medicine for 8 team sports throughout the academic year. I ran the training room 5 days per week, attended all of the evening and weekend events that I could, and co-ordinated care with the team doctor. Again, a great insight into the needs of athletes at every level.

After graduation from WSCC I went into my own private practice in Kirkland Washington. During that time, I had the privilege to work at the Goodwill Games when they were hosted by the city of Seattle. There were over 10,000 athletes at these games from all over the world. The Washington State Chiropractic Association Sports Council, in co-operation with the GWG sports medicine team, selected 3 Chiropractors to participate. The medics reluctantly agreed after the athletes insisted. Ultimately the 3 Chiropractors had more visits for care than the entire medical team combined. There is an interesting report that we authored outlining the political and clinical journey that we took during those 3 weeks.

During my time in private practice, in addition to my Goodwill Games experience, I was also able to serve as the team Chiropractor of an elite cycling squad, the Seattle Storm Women's professional basketball team, individual professional athletes from the Seattle Seahawks football team, the Seattle Supersonics and Utah Jazz professional men's basketball teams, local marathoner's and tri-athletes, and countless amateur athletes from the local health clubs where I served as the Chiropractic consultant for the clubs. The significant portion of my general private Chiropractic practice over the years has been elite and amateur athletes.

I subsequently immigrated to the U.K. to teach in England and Wales. During that time I also had a private practice and, as a member of the British Chiropractic Sports Council, was privileged to serve members of the British Olympic Cycling team, and individual professional Cricketers, footballers, golfers, and rugby players. I also presented clinical/academic talks to the British Chiropractic Association, the Professional Golfers Association and the Peak Performance organization.

In addition to this, I have served The Orthotic Group as a clinical and academic consultant to their team. The Orthotic Group is an international company providing gait analysis pressure plate systems and custom foot orthoses to practitioners to assist in the care of their clients/patients. My work for them includes educating their practitioners in the anatomy, physiology and biomechanics of foot and lower extremity function as it relates to chronic overuse syndromes and conditions that occur in the foot, ankle, knee, and hip. In addition, as a Chiropractor, I focus on these lower extremity biomechanical faults and their relationship to chronic pelvic and spinal dysfunction, and the resulting injuries that can occur. This ultimately leads to a discussion regarding the appropriateness and efficacy of incorporating custom functional foot orthoses in the care plan for people with these conditions.

Over the past 20 years, my doctoral degree from the U.S. has been supplemented by ongoing study which has resulted in Fellowships in the College of Chiropractors (UK), and the European Academy of Chiropractic (Orthopaedics) while I was living and working in Europe. While there I published a book chapter on the management of foot and ankle injuries that was edited by a physiotherapist.

More recently, preparing for, sitting and passing board exams in Australia, was a great refresher. I have also served on the faculty at the New Zealand College of Chiropractic, and continue to offer seminars/workshops on the relationship of lower extremity biomechanics to chronic overuse injuries in the lower extremity, spine and pelvis.

Finally, I am an athlete. I started my athletic career as a softball pitcher, catcher and shortstop at the age of 10. Once I got to high school, I was a multi-sport athlete the first year until I was encouraged by my coaches to focus on volleyball as that was my strongest sport. Eventually, when I went to University, I was selected for the volleyball team at the University of Washington. So, I have done the hard yards in the gym, pumped iron in the weight room, run miles in deep sand or knee deep water at the beach, and experienced the ecstasy of winning a championship and the agony of defeat. I have also had my share of injuries and struggled with the ongoing management of those injuries whilst trying to stay on the court and in the game.

So, all in, I have had a personal and professional journey in sport that has prepared me well to help athletes recover, rehabilitate and perform at their peak through Chiropractic care. I came to understand and study Chiropractic through my feet. My plantar fasciitis and posterior tibial tendonopathy led me to receive orthotics, which also helped my low back pain. This connection between faulty foot mechanics and pelvic/spinal dysfunction has been the basis for my career in healthcare as a Doctor of Chiropractic. So, in essence I have been in sports medicine for over 30 years as an athlete, a student, and now a Chiropractor with an interest in injury recovery, prevention and performance enhancement.

Thank you for reading this submission. Your comments or questions are welcome.

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