

with Jon Kec, D.C.

CHIROPRACTICAL

HOW TO BREAK INTO SPORTS CHIROPRACTIC (WITHOUT A JOB LISTING)



Jon Kec

When the eyes of the world are on the World Cup, there's zero margin for error. A championship isn't just won on tactical genius, it's won on physical survival. But chiropractic schools don't prepare you for the degree of high-stakes pressure that you'll face in situations like that. Working at this level isn't about routine adjustments in a quiet office, it's about surviving championship pressures.

You're managing athletes who refuse to slow down, even if their bodies may only be held together by tape and prayer. The stress is real, the clock is ticking, and your only job is to find a way to keep those million-dollar players on the field

Welcome back to another episode of Chiropractical. I'm your host, Jon Kec, and with the World Cup in full swing, the timing of today's episode couldn't be more perfect.

If you're a chiropractic student trying to figure out how do you navigate your future career or a seasoned DC running a family practice, but you really wanna become the go-to authority in your local community for sports-based care, you'll wanna grab a pen for this one.

We aren't just talking adjusting techniques today. We're talking about mindset and the commitment it takes to build a partnership with your patient. And to help me unpack all this is Dr. Jason Levy. He's the team chiropractor for the New York Jets, the New Jersey Devils, and with the World Cup here in full swing, it seems only fitting to have him as our guest because he's also the team chiropractor for the New York Red Bulls of the MLS and the Gotham FC of the NWSL.

Dr. Levy spent years helping professional athletes navigate the physical demands of elite competition, and the lessons he's learned extend far beyond the soccer pitch.

Dr. Jason Levy, welcome to the show. How are we doing this morning?

Dr. Jason Levy

I'm doing great. Thanks so much for having me

Jon Kec

Absolutely. Excited for you to be here. I think it's a, a really time, I guess, with the World Cup coming up and, uh, you know, your involvement with, I mean, beyond soccer, all sports, but for the purpose of our conversation today, maybe a little more with the, uh, the New York Red Bulls and the Gotham FC teams.

So I'm excited to have you here.

Dr. Jason Levy

Thanks. Thanks for, I'm, I'm, let's get right, let's get right to it

Jon Kec

Absolutely. So, you know, I, I feel like this is probably an exceptionally busy time of year for you beyond, like we mentioned, the soccer stuff. You also do some work with the Jets and, you know, exciting times in New York, so probably, uh, a little more stress than normal, but good stress all, all around.

But, you know, you're pushing yourself pretty hard right now keeping everybody healthy. You know, is that something that you, you know, kinda plan for? Do you have a, a routine, a way that you kind of look at setting up your days, your weeks, your months that maybe mirrors some of the athletes you work with?

Or anything that, that you could kinda share with us to get your mind ready for this time of year?

Dr. Jason Levy

You know what? It's, uh, it's, it's a busy time, and I'm, I'm used to being busy. Um, choosing to work with professional teams is, or, or early mornings and late nights at times. Um, but, uh, having family support is huge. My wife, uh, understands that I'm gonna be, uh, gone a lot over the weekends and things of that nature.

But, uh, you know, uh, this time right now we're in the off-season program with the Jets, so early mornings, but the weekends are a little more free.

Red Bull Gotham will keep us busy on the weekends with games, but, uh, otherwise it's a little, little calmer right now

Jon Kec

Yeah? Well, good. Kind of the, the calm before the storm of training camp in August, I guess

Dr. Jason Levy

Oh yeah. Yeah, once, when the end of July hits, you know, people ask me about my summer, and the summer is pretty short because once the end of July hits and training camp starts, it's go time

Jon Kec

Yeah, absolutely. Well, you know, so y- you're kind of in a lull right now. What about some of the athletes that you're seeing, right? You're, you're always working on keeping them healthy, but do you see some of the, the mental side of, of their stress, I guess we'll say, their training regimen? Do you help with any of that?

Or what are some tips and tricks that you've seen them kind of take on that have you manage stress?

Dr. Jason Levy

You know what? I'll tell you, it, for me personally, I, I like to build meaningful relationships with the players. You know, I, I, I really don't talk a lot about the games. I don't ask them about their coaches or their other players, uh, their other teammates. You know, we just talk about life. I get to know them.

It's, it's really fun right now. We have a bunch of rookies in with the Jets, and just getting to know them, you know, where they're from. Are they married? Are they not married? Some guys are getting married, uh, uh, at the end of this month when we go on break. So it's really cool to, just to get to know these players a- as, as, just like you would in your office.

I- so I, that's my favorite part, and I think I keep it light and really positive as well

Jon Kec

So with that, you know, some of the, the rookies, whether it's in the NFL, you know, co- players coming out of college for, for s- either of the soccer teams, how much experience with chiropractic do they have? Are you kind of their first entry point? Are there a lot of them coming out of bigger programs where they've had a lot of treatment before?

Dr. Jason Levy

it's, it's, it's all over the, the, the, the map. You know, some guys a- and gals have had chiropractic their whole lives. Um, some of them have, uh, uh, parents or relatives who are chiropractors, and that's really cool. Um, but uh, some of them, some of them have never had chiropractic, and it's kinda, kinda strange.

You know, I, uh, you assume, especially some guys who have gone to some big schools, uh, I, I, I would have thought that every big school would have a chiropractor, big college football program, and I think most of them do, but doesn't mean that all of the athletes will visit the chiropractor. And sometimes, um, you know, th- I am their first, uh, experience with a chiropractor, so, you know, really good communication is important.

And, uh, of course, once we, you know, uh, as any of us Team Chiro or anybody in their office gets their hands on a, a patient, uh, they're gonna be coming back for more

Jon Kec

Do you have any advocates in any of the locker rooms? Not names specifically, but people that, you know, you know when those rookies walk in or the, it's, they make a trade, new guy comes in, they're gonna be like, "Look, you gotta see him right now, today, first stop."

Dr. Jason Levy

Well, Yeah. I mean, uh, certainly the veterans, the players who have been on the team for a while, they, they've, who- you know, they really understand the value of chiropractic and, and how good they feel and how well they perform. And so they're, they're the biggest, uh, uh, proponents. And then of course, the trainers will, uh, and the physical therapists will also recommend that, uh, players see, see me, uh, during the season

Jon Kec

What about that? You know, some of that interaction with other medical providers, right? The PTs, massage therapists, the, the med- the team medical director. How does that kind of interplay into onboarding, one, but also just your, your general day-to-day with these teams? How do you kind of manage those relationships?

Dr. Jason Levy

I mean, communication is key, right? You can have really good communication with the trainers, being part of the team, not being the guy who could, you know, help and solve every problem. Uh, I'm really, really grateful and blessed to have amazing relationships with literally all the docs and all the trainers with the teams that I work with.

And, and that's what keeps it fun. You know, I mean, certainly working on the players is great and, and being on the field and all that is, is awesome. But, you know, you, you spend a lot, a lot of time with the trainers, the physical therapists, the docs, and having great relationships with, with them is, is what really, uh, makes it the most fun

Jon Kec

With that, and I, this is gonna sound negative when I say it at first, and I don't mean it that way. Is there kind of a stay in your lane mentality? Do you have to kinda live in that world where you gotta be careful about getting too far outside of the physical realm maybe, right? Venturing into any kind of underlying stuff that is better handled under a different provider?

Or are you kind of, you have some freedom to, to room- roam a little bit, let's say

Dr. Jason Levy

Well, yeah, good question. I mean, we, you know, I think again, go- it goes back to communication. Um, if something comes up with an athlete, you know, I'll, I'll definitely speak

with the head trainer or the docs about, you know, what kind of I picked up and, you know, kind of have a conversation about what might be best for that athlete.

At times, it might be me, you know, uh, doing some other things with the athlete. At times, the docs might say, or the docs or trainers might just say

"Hey, thanks for letting us know, and we're gonna do X, Y, Z with that, th- that athlete." So again, communication is key

Jon Kec

Well, let's, let's kind of focus on soccer a little bit, right? So, um, and with the World Cup going on, I would imagine, uh, are, are the Red Bulls in Gotham kind of in a break right now for... Well, the Red Bull more specifically. Red Bulls, that is more specifically, in a break right now?

Dr. Jason Levy

They are, yep. They, they've been on break. They're actually coming back, I believe, next week. What's interesting is, so Red Bull literally just built an 80 acre, 80,000 acre, excuse me, uh, facility, brand new, that currently the Brazilian World Cup team is training there right now. So, um, I mean, it's phenomenal, this place.

Jon Kec

When you're in a world like the, the World Cup, right? An environment, I should say, like the World Cup, you've got extremely tight timelines, right? The, the tournament happens when the tournament happens, and they've got games scheduled every, what, three to four days, I think, at this point for, for, the national teams.

Do you kinda manage something like that, where you've got an athlete in such a tight window, you know, something they've been training for for the last three and a half years, and three weeks before the tournament, three days before the tournament, they pull a hamstring? You've gotta figure out a way to keep them healthy enough to play, but you're on a compressed timeframe.

How do you manage something like that those athletes?

Dr. Jason Levy

I mean, we, you know, getting our hands... It's all hands on deck, and it's, and it's of course working with the athlete to, to try to y- you know, kind of calm the injury down, and then it's a return to play that, uh... a and, uh, and, you know, t- like you said, time, time is tough, and it, these are... You know, I mean, listen, in, in MLS, and NFL, and all the other sports, you know, sometimes you have to hold the player out, right?

Um, with World Cup it's , it, It's a tougher decision.

Um, so listen, like I said, it's all hands on deck, and everybody's gonna do everything they possibly can. These, these athletes are getting treatment around the clock, and that's What you

know, I talk to my patients in the office, y- you know, who might come in for whatever type of injury, and I, and I, I let them...

You know, they say, "How do these guys get back so quick?" I say, "They are getting treatment around the clock." I mean, there are therapies on these guys i- in meeting rooms, and, and, I mean, you know, or on the planes, and, and e- every... As much as they can get therapy and treatment, they're getting it

Jon Kec

Would you say the most common injuries you see with soccer players are?

Dr. Jason Levy

I mean, in general, of course, there's, you know, your lower extremity injuries. There's your ankle sprains, your knee injuries. Um, you know, I did a little work on those at once they settled down. Uh, but for me, I, I, a lot of hips, groin, hip, you know, hip flexors, hamstrings,

But plenty of guys have low back, uh, tightness, pain, neck, neck tightness. Not necessarily a whole lot of upper extremity except for the goalies, of course, who land on their shoulders all the time. Um, but, uh, you know, again, a lot of back, neck, and lower extremity injuries

Jon Kec

And beyond the adjustment, what would you say... 'Cause when you start looking at sports-related chiropractic modalities, right, you see all kinds of stuff out there. There's active release factor, myofascial release, Graston, all great stuff. What would you say the, you use the most of, of everything you've taken and, and insert anything I didn't mention as well?

Dr. Jason Levy

Those are all terrific techniques and, and approaches. Uh, I think the, the thing I use the most, of course, is active release techniques just because it's such a hands-on approach. Um, I will do some instrument-assisted work as well?

Uh, that just sometimes takes a little longer, uh, depending upon how much time I have with a, with a player. But definitely a lot of active release techniques, uh, a- and, uh, found that to be super, super helpful and, and really valuable to, to, to know

Jon Kec

And is there a lot of carryover there with those techniques and your everyday patients in your private practice?

Dr. Jason Levy

Oh, sure. Yeah, you know what it is, is, you know, before I worked with any of these professional teams, uh, you know, I, I started with a family practice, and I, would work on high school

athletes. And back then we had the, the local paper, and I would, you know, I'd read the local paper to see, hey, how'd this person do in their track event?

How'd they do in their soccer game, their tennis match? And I realized, man, I really enjoy working with athletes, and I was an athlete growing up, and sort of totally mismanaged on some different injuries back in the day. So I was ... g- I kinda realized, you know, we all were, right? Um, I kinda realized that, uh, I enjoyed working with athletes.

So at that mo- that point, which was, you know, I don't know, 20 years ago, I decided to find out who were the, the men and women, the chiropractors who were working with the Olympians, working with the, uh, the different sports teams. And I went and visited them and spoke with them on the phone and kinda figured out, okay, what are they, what are they doing in the training rooms and in their own offices?

And then I learned those approaches to ... and then brought them back to my, you know, kinda patient base. And, then kinda luckily, you know, got the call actually from Red Bull first, and, you know, had the, had the, uh, you know, the, the, the experience and had the, the tools, and the rest is history, so.

[Jon Kec](#)

Well, let's, let's dive into that history a little bit. So I think there's, and I mean, I had it too, right? There's a very common perspective in a lot of chiropractic students of this is what they wanna do, right? They wanna work with athletes, they wanna work with colleges, professional teams. But there's never really a job listing that says, you know, "New York Jets chiropractor wanted."

You're never gonna find that. So your, for you, the Red Bull opportunity, how did that come up? Did they just call you? Did you know somebody who knew somebody who knew somebody? What was the, the situation?

[Dr. Jason Levy](#)

Yeah, you know, it's, it's crazy. I wa- So I guess I was, I think in, in 2006, the, the, the soccer team here used to be called the New York/New Jersey Metrostars, and then Red Bull energy drink actually bought them, and then I guess towards maybe the middle of the season, and then 2007, that season, they brought in a new head trainer, new medical staff, and the h- and the head trainer...

Well, I should say the assistant trainer was working at a local hospital rehab center close by and we had some patients in common, so we kinda knew of, of each other. So he gave my name to the head trainer, and the head trainer, uh, I think he emailed me first, and I remember I probably have the email saved somewhere because, uh, you know, it's one of those, you're reading it, you're like, "Holy cow."

And, uh, so they re- reached out to me first and, uh, Yeah that, and, and it was just so awesome. Uh, and you know, the coolest thing is, uh, when I, the first day that I, I went to the training center, and again, where we are now, like I said, this 80,000 acre stadium, uh, excuse me, training center, is so much better than where we started.

We started in this, at this local university in this really old, old training room. I mean, there was probably asbestos around the pipes, no joke. And I, I remember I, you know, it was a rainy day

and, uh, you know, I went to meet the head trainer and I had my portable table and I, you know, I put the portable table around.

I had my, uh, rain jacket on and, and the trainer, head trainer starts, you know, walking me around the facility to meet the different coaches. And, uh, I m- I met the head coach, who's a guy named Bruce Arena, who's a Hall of Fame coach, a US Men's National Team coach, literally I didn't have my jacket off and he's like, "Hey, hey, Jay, can you, uh, look at my neck for me, please?"

And I was like, "Sure, coach." You know, set up the table and got to work on him and, and, and things went great and but that was quite the start in, uh, you know, sports chiropractic. So that was cool. Hit the ground running yep. So that was my first team.

Jon Kec

I think that's... and I think that's, it's amazing, you know? I think that's another misconception that a lot of people have. They think they're gonna the way, whatever that may be, to get the job with the Red Bull, to get the job with the Jets, which we haven't mentioned in your case, the Devils, right?

Across multiple sports, people think that these, these opportunities are out there, and they are, and they think they're gonna walk into these multimillion-dollar facilities, and I think as you just proved, that's oftentimes not really the case, right? You, you've gotta be able to, to be kind of adaptive and nimble and, and deal with sideline treatments and rainy day treatments, and I, I don't know, maybe you can share i- if you've ever run into this, but I would imagine you always hear...

So we're an Iowa-based company, right? You always hear the story about the University of Iowa's visitor's locker room, that it was pink and all that stuff to, to mess with other teams, and not that they would ever put substandard equipment in any treatment rooms to, to alter care for athletes, but I, I have to imagine that you look at the Jets' locker room and the visitor's locker room, there's a clear difference between them, right?

Um, so have you ever run into any, any situations like that? Any... Don't have to name the stadium or the team, um, but any opposing venues where it was, uh, it was a challenge for one reason or another?

Dr. Jason Levy

Well, you know, I think there are some standards in, uh, the NFL for training rooms, but I will say that, uh, all the, all the team chiropractors c- c- will agree with me that, I mean, there are times, and I'm not exaggerating, that, that our portable tables are set up three feet from the urinal. I mean, it, it's crazy. You know, keep your head forward, uh, or, or near the, the bathroom stalls. You know, uh, there's another stadium that I literally am set up in the shower stalls and, uh, and there are times when, you know, guys are taking showers before the game and, and you know, it's steamy and, and I can't even wear my glasses.

So it's, it's comical. I'm definitely spoiled in, in our home, uh, training room where I have my own room, but all, all the team chiros will tell you it, it is, uh, it is, it is the wild wild west at some of these older stadiums. The new ones are, are cavernous and have plenty of space and are nice, but the older stadiums, not so great.

Jon Kec

And again, you don't have to necessarily name the facility or the team. Is there any stadium in any of the sports you work that you dread going to right now?

Dr. Jason Levy

You know, I mean, the o- I will, there's one... Sure. Gillette Stadium is, I don't love because it's 45 minutes from any airport, yes, I'm near the, I'm near the, the stalls and the bathroom, but forget that. I really should have a candle, uh, near the ta- table, which I don't. But literally, I mean, anyone who, any team, away team that's played there, after the game, let's say it's a Thursday night, Monday night, Sunday night game, and the game finishes at, you know, close to midnight, you, after, you know, guys shower and do their interviews, you now have a 45-minute bus ride to the airport.

So it's just like, you know, so a 1:00 game there is, is fine, but man, those late night games, you're getting home way later than most people would expect.

Jon Kec

You know, we've kinda talked about getting into, your opportunity, that is, with, with a professional team and, and you know, how to, how to set yourself up, making sure you've got the right skill set underneath you, connections matter, which I think goes back to what we talked about earlier too, communication matters, right?

Making sure that they know that you're somebody they can trust. But what other advice would you have? Pretend you're a, a young chiropractor or just a, uh, maybe a veteran moving to a brand-new place for one reason or another. You have absolutely no connections. You're just starting a practice.

What approach can you take to set yourself up in a position where you can start facilitating these relationships and, and fostering something that may grow to a, a high school program, a college program, a professional program later? How do you really set that firm foundation as the new guy in town, not necessarily from a treatment perspective, but personally and professionally?

Dr. Jason Levy

Yeah, I think, you know, being available and, and, and, and wanting to help. Uh, I think, uh, for me, when I first started, uh, you know, approaching tennis, uh, tennis clubs, and I would do preventing shoulder injuries and tennis player workshops for free, uh, perf- doing, uh, foam roller, uh, workshops. I've done that at REI.

You know, if you do, uh, go to approach, uh, an athletic director or, or a coach, uh, at, at any level, you know, being available, just wanting to help. Uh, and, and again, I think doing different workshops, disseminating information, giving, giving value, and giving of yourself, I think all that over time comes back to you.

You know, not being like, "Hey, come to my office, come to my office," but I just think giving and giving and helping and being really honest and true that that's what you're looking to do, I think

that goes a long way. And then, you know, one person ... Then the referral thing, you know, whole thing happens, right?

You, you help one person and, and, uh ... You know, I was lucky. Uh, the, the, the guy who painted my office was, uh ... I remember he was painting my office before I opened up, and he told me he'd had this chronic groin problem and tried a whole bunch of things. And I said, "You know what, Steve? When I open up, I'm gonna call you 'cause, you know, your pelvis might be off," blah, blah, blah.

And, um, you know, I opened up. He came in. I think he was patient number 31. I treated him. He did great, and it turned out he was a high school track coach. And next thing you know, he was sending me athletes for, you know, hip flexor issues, hamstring issues, groin issues left and right. And, and it just grew, and then he told another coach.

And, and so I think, y- you know, all that really makes a big difference.

Jon Kec

And I, I think there's, you know, the, the being giving of your time idea is something I think I hear a lot in, in talking to people, regardless of what their, their practice base is, right? It- to develop a, a strong family practice, be giving of your time. To get a, a strong relationship with a, with a coach in an athletic program, be giving of your time.

And I think that's something that people... know, I, I guess I'm speaking from experience here, right? When I came out of school, I had a ton of time, and it was, it was like I always had that focus of I have to get a patient in the door, and I have to get busy, and I have to grow, and I have to do all these things.

And I lost sight of the fact that I had a ton of time, and the best way to do that was to be giving of that time. So you know, you feel like you're in this loop of doing all this I'm gonna go myself to people, but I'm not gonna do the other thing that, that takes a little more time but is probably gonna be more successful.

So I think that's great advice, and I think, you know, like I said, I, I hear it with almost everybody I talk to, so it's gotta be right.

Dr. Jason Levy

Yeah when I started I, I had nobody, you know? And, and at, at first, the first, gosh, I don't know how many years, you know, it was like, "Okay, this patient came from this event. This patient came from this workshop," you know? And, and then finally it took, it g- you know, gained some momentum and then the referrals started happening.

But it, it took some time, you know? And like you said, giving, giving up my time to be out there.

Jon Kec:

Absolutely. Well, with that, if you could go back when you were, you know, fresh out of school now specifically for this one, a- a- graduating from Parker, and give yourself advice, what would it be?

Dr. Jason Levy

I think, you know, I always, I always, and, and to this day, I, I love being a lifetime learner, so I always, you know, I'm always trying to learn a-and, and, and, and grow both per- you know, personally and professionally. I think that's huge. Uh, I think I would say, "Hey, consistently show up, show up every day."

Uh, y- you know, I... Truly, I've never gone to work ever dreading going to work. I love what I do and, and, uh, and, and every day, as I'm sure most every chiropractor out there hopefully loves going to work and helping people. And most importantly, have fun. You know, have fun. Uh, th- you know, if we're not having fun, it's not worth it, right?

I mean, there are gonna be challenges, but ultimately have fun. A- and I think that's what I would, you know, tell myself and, uh, and I still, you know, still tell myself this

Jon Kec

And then that's, that's the, the biggest thing is, right? You gotta enjoy what you're doing, 'cause if you don't... If you're, if... You're allowed to have a bad day, but if you have a lot of bad days in a row, I think patients feel it, which is like coworkers feel it, right? And it, it makes it much less for them to come see you, which there's such a psychological component to healing that if they're not happy coming in, you're behind the eight ball already.

Dr. Jason Levy

True

Jon Kec

Well, we did a similar chat right around the start of the NFL season with Dr. Sokoloff with the, the Ravens. He had a really crazy story for us. I wanna see if you have one, and whatever that may mean, right? Your version of crazy, whether it's good, bad, crazy, both. Um, but what, what is the...

If you, if, if you got sat down in a room and said, "Give me your absolute best story with all the work you've done," Jets, Devils, any of the soccer teams, anything, is it?

Dr. Jason Levy

Right. You know, it's funny, I, I remember Dr. Sox, uh, his story was really great. I mean, I wish I was in a Super Bowl, had a Super Bowl, uh, story. You know, you know, I think what's, what's fun, I, I remember a time when, uh, our starting quarterback, uh, was in a game, and he was getting just knocked around, sacked a whole bunch.

He was getting pretty beat up. It was pretty apparent, and his neck got pretty jacked up, and I remember working on him. The trainer sent him over during halftime, and then, uh, you know, uh, uh, a- a- pretty much after the game, one of the sideline reporters was, uh, talking to him and saying, "Hey," I'm not gonna name his name, but, "Hey, you know, looks like you got knocked around a bunch, you know, how you doing?"

And he was like, "Oh, no, I'm doing great, you know, I saw the chiropractor during halftime, and I'm feeling so much better now." And, uh, you know, it was fun, like I, I didn't actually see that, but apparently, you know, I got in the locker room and my, my phone was in the locker room, and you know, kind of my phone had blown up 'cause all my friends were like, "Hey, you got a shout-out."

And that was kind of fun, so it wasn't like I did anything miraculous, but definitely a fun, uh, fun kind of, uh, story and, and it's always neat when your friends and your patients, you know, see or hear something like that.

Jon Kec

Well, I mean, you know, thinking back to, I think, I think the Coach Arena's story, or Arena story, excuse me, um, fits in that realm too, right? He's talking about being stuck in a stairwell with, you know, half an overhead light out or whatever, whatever the, the, the, the mustiness of the situation was, right?

You're out there with a table that's barely set up in the rain trying to adjust the, uh, a US Soccer Hall of Famer. Uh so, you know, I- it's... I, I love the stories y'all have. I feel like, you know, everybody thinks it's so... It would be so amazing to be a team chiropractor, and I'm, I'm sure it is, but you can still get these just crazy moments that you don't expect, which are just awesome.

So that's, that's fantastic.

Dr. Jason Levy

It's a lot of fun.

Jon Kec

For sure. I can, I can definitely imagine, you know. But well, one of the things I like to do with anybody and everybody we talk to is just anything we didn't talk about, anything that you'd wanna share with students or colleagues that are thinking about getting into the sports realm.

Top three, top five things that you would suggest or recommend to them to consider that maybe that's a blind spot for them right now

Dr. Jason Levy

Well, again, I think that, you know, if you're in school, certainly join the, the sports chiropractic-type clubs. Um, if you're in whatever state you are in, look for the sports chiropractic, uh, organizations. In New Jersey, there are some phenomenal chiropractors and, and I- I'm just fortunate to be able to work with some of these professional teams.

There are great, great chiropractors who've been to the Olympics and work with, uh, you know, plenty of, uh, high-end, athletes in the N- in the New Jersey Sports Council. It's incredible. So I think, you know, getting involved in the different clubs in school and, and councils when you're in, in your state organizations is huge.

I think, again, active release techniques is great. Um, any of the instrument-assist- instrument-assisted, uh, soft tissue approaches are, are awesome. Um, you know, some of the kinesio taping, uh, approaches are great, too, to have in your back pocket. Um, and again, have fun. Have fun learning. Have, have fun treating.

Jon Kec

Well, very much appreciate the time today. I know you're, even though it's your slow time of year, it's still a very busy time of year, so thank you for carving out a little bit for us here, and thanks for all the, the information and wisdom

Dr. Jason Levy

Oh, thanks so much for having me. I'm really grateful for this opportunity. Had a blast

Jon Kec

Absolutely. And have a fantastic rest of your week

Dr. Jason Levy

You too. Thanks. Go Knicks.

Jon Kec

Thanks again, Dr. Levy. As you've heard today, sports chiropractic isn't just about working on the sidelines of professional matches or helping athletes compete on the world's biggest stages. It's about understanding performance, building trust, solving problems, and helping people achieve their goals, whether they're playing in a World Cup match, competing in a weekend 5K, or really just trying to live a healthier life.

Dr. Jason Levy's journey is a reminder that success in chiropractic isn't defined by where you practice, but on the impact that you make. For students listening, the path into sports chiropractic may not be straightforward, but those opportunities often come to people who choose to consistently show up, keep learning, and building meaningful relationships along the way.

And for the practicing chiropractor out there, perhaps the biggest takeaway is this: every patient is an athlete in something. They all have goals, challenges, and moments that matter to them. Our job is to help them perform at their best, whatever that may look like. If you found today's episode helpful, be sure to subscribe and share this podcast with a colleague.

It'd be great if you could leave us a review as well, as it'll help more chiropractors find us here at Chiropractic. Be sure to watch the video version of this podcast on the NCMIC YouTube channel. And if you have any questions for the show or for me, you can email me directly at jkec@ncmic.com. Thank you for listening.

I'm Jon Kec, and this has been Chiropractical. We'll see you again soon

