

# MILLBURN · SHORT HILLS

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M A G A Z I N E

MAY 2012

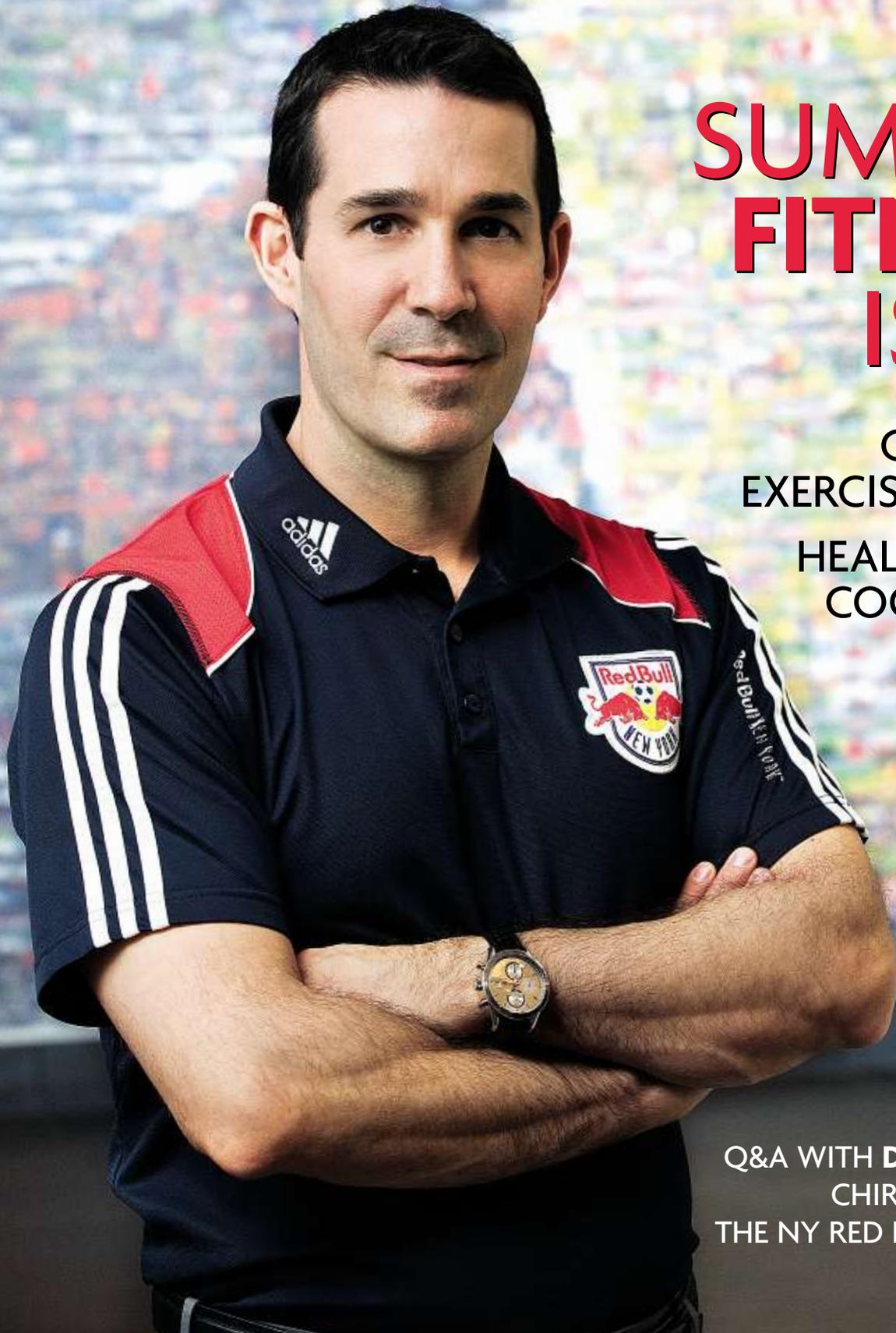
## SUMMER FITNESS ISSUE

GREAT NEW  
EXERCISE OPTIONS

HEALTHY HOME  
COOKING TIPS

THE JOYS  
OF BIKING

Q&A WITH DR. JASON LEVY,  
CHIROPRACTOR FOR  
THE NY RED BULLS & NY JETS



# Peak Performance

Weekend warriors and professional athletes alike turn to Short Hills chiropractor Dr. Jason Levy for his innovative sports medicine techniques

BY JOANNE FISHER

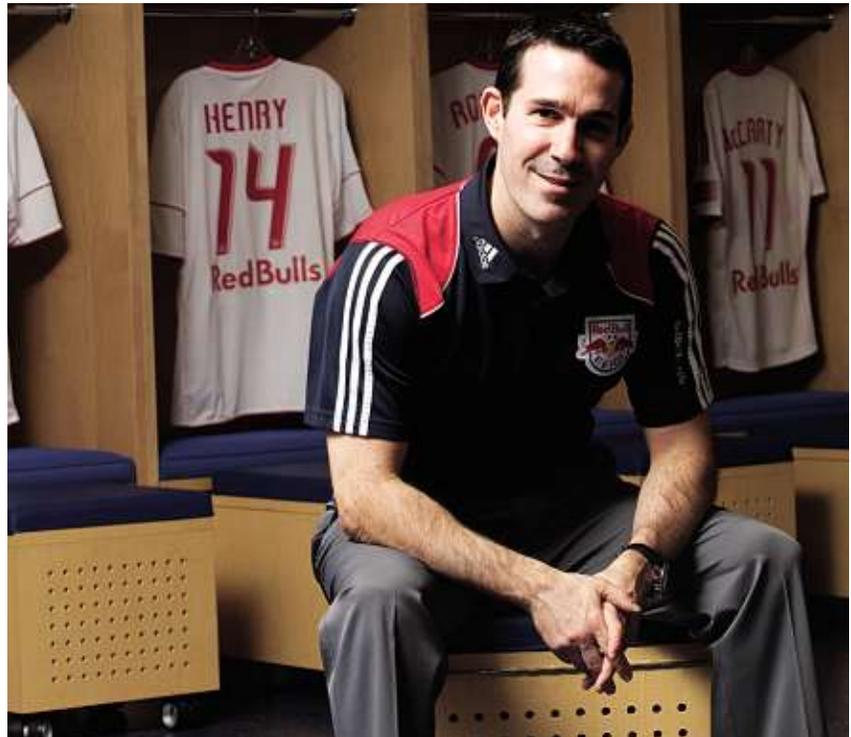
**HOW DID YOU GET INVOLVED WITH SPORTS MEDICINE?** I'm an athlete myself and I realized early on that I really like treating athletes and following their performance. At our Short Hills practice, Advanced Performance & Rehabilitation Center, we treat a lot of top high school athletes as well as weekend warriors.

**WHAT MAKES YOUR PRACTICE UNIQUE?** We have three chiropractors, two podiatrists (one of whom happens to be my wife), a nutritionist and a massage therapist. We treat shoulders, hamstrings, elbows, knees, and hips, not just backs. I made a conscious effort to learn the techniques that people are using to treat professionals and bring it here to my patient base.

**WHICH BRINGS US TO YOUR WORK WITH THE NEW YORK JETS. HOW DID THAT COME ABOUT?** When the Jets moved to Florham Park I heard there was an opening and I reached out to them. I interviewed with the head orthopedist and trainer and worked on some players; things went well and our relationship developed. I've been with them for three years.

**WHAT DOES A TEAM CHIROPRACTOR DO?** During the season I'm there two mornings a week working on the team. I also attend all of the games, home and away. I have my own room in our home stadium. At away games we set up a table wherever there's space. A lot of these locker rooms are small; sometimes I've been in a shower stall or even next to the urinals.

**ARE YOU JUST WORKING ON INJURIES?** Not at all. I work on about 20-25 guys before a game so that they can feel loose and perform at their best. The busiest times for me are three to four hours before the game and the night before the game. During the game I'm on the sideline in case I need to do spot work.



**WITH THE TEAM** Jason Levy in the locker room at Red Bull Arena

**COOLEST FOOTBALL MOMENT?** Even now I just love being on the field; it's great to be part of that. And on the road, it's fun to see the different stadiums and the different fans.

**YOU ALSO WORK WITH THE NEW YORK RED BULLS PROFESSIONAL SOCCER TEAM, RIGHT?** Yes. When Red Bull energy drink bought the team and renamed it Red Bull NY, they hired a new trainer who had heard about me from other professionals in the sports world. He reached out to me; this is my sixth season with the team.

**WHAT'S THE MOST GRATIFYING PART OF YOUR JOB?** I do what I do because I like to help people. I also love to follow the high school teams and am excited when the players meet their personal best.

**WHY SHORT HILLS?** I grew up in South Orange and when I decided to go into business for myself, I started

looking around the area. Millburn-Short Hills is a place that I know and love: the small town feel, the beautiful homes and trees – and the fact that it's a very active community; people are running and biking and walking all over the area.

**YOU'RE BEEN VERY INVOLVED WITH THOSE RUNNERS, HAVEN'T YOU?** Yes. We're proud to have been the lead sponsor of Mapso Tri Club based in South Orange, which is open to anyone in the area. We're being joined this year by High Gear and The Sneaker Factory.

**PROFESSIONAL HIGHLIGHT?** Last year, I was voted the 2011 New Jersey Sports Chiropractor of the Year by the Association of New Jersey Chiropractors Sports Council. I'm really proud of this award. ■

*For more information about Dr. Jason Levy, visit [www.aprcnj.com](http://www.aprcnj.com).*



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