

# Winning team at the Olympics

Drs. Stacey Scott and Liza Grant join Host Medical Services



Drs. Stacey Scott (left) and Liza Grant (right) with supervisor Greg Bay at the Whistler Polyclinic

In the spring issue of *Primary Contact*, we highlighted CMCC faculty members who participated as part of the Olympic Host Medical Services team working at the polyclinics in the Olympic Villages.

We are now pleased to be able to share with you the experiences of two more CMCC graduates who participated in this first for chiropractic. Dr. Stacey Scott of Woodgrove Pines Clinic in Nanaimo, BC, and Dr. Liza Grant of Tenth Street Chiropractic Clinic in Courtenay, BC, worked together at the Whistler Polyclinic under the supervision of physiotherapist Greg Bay, who earned high praise from both as a phenomenal team leader.

For Scott, who has participated on medical teams for the BMX World Championships and World Short Track Cycling, it was her first Olympic event. Following a rigorous selection process that unfolded over several months and included a professional assessment and an interview, Scott was offered a formal position on the team. She earned the additional distinction of being the first chiropractor on duty as part of Vancouver's Host Medical Services at Whistler.

According to Scott, the athletes who received treatment hailed from Germany, Australia, New Zealand, Norway,

Finland, Switzerland, Romania, Greece, Hungary, Korea, Bulgaria, Armenia, Italy, Ukraine, Croatia, Moldova, Sweden and France. She heard from several of these athletes that they were particularly pleased to be treated by Canadian chiropractors, who have an international reputation for providing superior care.

Noticeable to Scott was the athletes' heavy reliance on the therapy department. In the sporting world, she explained, when athletes are injured they may receive painkillers, muscle relaxants or anti-inflammatories. "The strict drug regulations at the Olympics make that impossible, so chiropractors, massage therapists and physiotherapists are paramount."

## Working as a team

When asked what most stood out for her, Scott noted the tight team work between members of the therapy department and described a fluid situation in which members would constantly consult with one another in order to provide thorough, top notch care.

She added, "It goes without saying that it was just plain fun to take part in the whole Olympic experience. This included being able to see a few events like luge and downhill skiing and being in Whistler Village when the



Canadian men's hockey team won the gold. Sharing the Olympic spirit with everyone who attended this world class event was an incredible feeling."

For Dr. Liza Grant, being part of the Olympics chiropractic team was something for which she trained for many years. She says the journey began in 1993 when she began the Sports Fellowship Program in Vancouver, the completion of which was essential for a role as

part of VANOC Host Medical Services. The College of Chiropractic Sports Sciences board, and President Dr. Greg Uchacz, logged countless hours to take sports chiropractic in Canada to this high level. In fact, the college's collective achievement has earned it the title of Royal College of Chiropractic Sports Sciences, granted by the Queen on June 22, 2010.

"I received a call in the summer of 2009 informing me that I was selected to be part of the team in the Whistler Therapy Clinic," Grant recalled. "*Living the Dream* was our therapy team motto, and we did that every day. The multidisciplinary approach to athlete care was amazing, and we all learned so much from one another. Our therapy supervisor, physiotherapist Greg Bay, united us from day one. His sense of humour and unlimited energy made the therapy area of the polyclinic the place to be. A lifetime of memories was created by the work and experiences we all shared."

Grant had the additional honour of being one of Canada's Olympic Torch bearers, running with the torch in Powell River, BC. Another once in a lifetime opportunity, carrying the torch for Canada was amazing, said Grant, as was the sense of unity shared by the torch bearers. "None of us could wipe the smiles from our faces!" ■

From the CMCC Museum

### Antique Hand-Cranked Chiropractic Table (1940s)

