

Back-stage pass



Photo Courtesy/Josh Sampson

Leesburg chiropractor Josh Sampson, right, has worked with many bands passing through the area to alleviate pain backstage. Here, Sampson, is with Greg Hill, guitarist of Mute Math.

Leesburg chiropractor treats band members between sets

By LYNN WOLSTENHOLME
Times-Mirror Staff Writer

Jon Foreman and Greg Hill — names that most likely don't ring a bell to many of us, but throw in their well-known band names of Switchfoot and Mute Math, and the light bulb in the mind clicks on. They are popular rock bands that pass through the area, bringing in fans by the thousands for their concerts — and also Leesburg's Josh Sampson.

For the past seven years, Sampson has been working with bands traveling through Northern Virginia, alleviating band members' pain before, during or after shows. Sampson has also worked on band members from Blink 182, 311 and a hand full of other bands.

No novice to the life of a band member, Sampson says working on rockers is something he is comfortable with since he was in numerous bands in his younger years.

Details

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"I think the ... knowledge of the industry is the only thing keeping other chiropractors from doing this," Sampson said.

In the 1990s, Sampson was on his way to becoming a full-time rocker. He and his band, Reality Check — a rock, funk and hip-hop band — had signed a deal and were headed to Nashville. But Sampson said he



Photo Courtesy/Josh Sampson

Sampson, left, with Switchfoot front man Jon Foreman during one of the band's local concerts.

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knew it wasn't the direction he wanted to take.

Sampson always knew that he wanted to heal people.

"It took a lot of romance out of the band," Sampson said. "I got a lot of heat from the band members."

In 2000, Sampson received his chiropractic license from the Virginia Board of Medicine after his two-year residency in Atlanta. He came back to Leesburg and opened Leesburg Chiropractic and Massage, and works with his father, Martin Sampson, also a chiropractor. But Sampson's love of music has taken his career down a path most chiropractors don't follow.

"I've been on the road, on the tour bus and slept in the beds," Sampson said. "I know what it is like."

Sampson's first gig with a band came about because he had a connection with one of the security guards working the show.

"It was either Blink 182 or 311," Sampson pondered. "I can't really remember."

The whole business, much like that first night, is getting word to band members, or

even the road crew, that he is at the show and is available.

"It's a tough industry so you have to just let things happen," Sampson said. "A number of things have to fall into place to get new bands. I just casually encourage bands to recommend me, or I will approach the road manager to let the band members know I am there if they need me."

Sampson has seen that his background in music definitely gives him bonus points with the bands.

"I just do my work and mind my own business and be comfortable with who I am with [at the time]," Sampson said. "I think the guys see me as someone who can talk shop. But it's pretty phenomenal when a guy gets up onstage and goes before 10,000 people and dedicates a song to Dr. Josh."

When asked if the life of a rock star pulls at his desire because he almost made it with his band Reality Check, Sampson said: "The most pleasure I get is from watching a good show from the side or backstage. The bands are at a higher level than I was, and I enjoy coming back to Leesburg and treating my patients here."