

## HEALTH &amp; WELLNESS

# LOCAL DOCTOR GETS BODY IN TUNE

## Dr. Josh Sampson, chiropractor, works to help musicians perform

By Karen Graham

SPECIAL TO THE TIMES-MIRROR

Bringing his passion for music and love for his job as a chiropractor together, Dr. Josh Sampson of Leesburg Chiropractic and Massage works his magic on musicians traveling on worldwide tours in the Washington, D.C. area.

Born and raised in Northern Virginia, Sampson started his practice in 2000.

He always considered a career as a musician, however he decided to pursue a degree in chiropractic care instead.

"I hoped music would be with me on the other side of grad school, and it has been," Samp-

son said.

As a former musician, Sampson is able to understand the demands and stresses on the body, help band members "work out the kinks" and answer any questions they have.

"My past experience makes this a perfect fit. Artists can relax around me, knowing I understand their trade," he said.

He said bass players hold heavy guitars for long periods of time, often causing pain in their back and neck.

"I get to know the families, and even help them out as well while they are on tour," Sampson said.

Sampson has treated many

different band members including: 311, Switchfoot, Blink 182, NeedToBreathe, Third Day, Jars of Clay, Thousand Foot Krutch, MuteMath, MXPX, Casting Crowns, Tree63, Rend Collective, Stryper, Matthew West, For King & Country and the Vans Warp Tour.

There are imbalances in the spine, Sampson described, and he works on them to get things neutralized.

He also helps them plan for when he is not around, and how to prevent the injuries from happening.

Sampson said he recommends a regular regime of yoga and core strengthening exercises

as preventative measures.

Sampson said he has been working with the band Switchfoot for about nine years. Their lead guitarist was on his table 20 minutes before going on stage with bad abdominal pain. Sampson was able to work on the problem and help him get on stage in time for the show.

"It is fun to have that effect on their lives," Sampson said. "I have been thanked from the stage, and it is a nice experience."

"I love my job, and it is fun to meet someone famous, but I have my professional hat to wear and sometimes it is just about doing my job," Sampson added.

Sometimes, he said, it is not about treating pre-existing pain, but he helps warm the musicians up for the show.

"Performing for a long time in a concert setting is demanding and it is about being flexible and getting the body ready for the race," Sampson said.

While Sampson has a passion for working with musicians, he has also found a niche working in prenatal care.

"Last night I had an urgent



PHOTO COURTESY/JOSH SAMPSON

Jon Foreman, lead singer of Switchfoot, was treated by Dr. Josh Sampson.

message to help a woman who is 40 weeks pregnant by optimizing her spine, pelvis and ligaments to help get her baby to turn from breach position," Sampson said.

"It is great throwing myself into these exciting moments in their lives," he added.

Word is starting to spread about Sampson's work, and he has been contacted by Matt Kearney and Keith Urban's managers to work with their groups while on tour this summer.

"You never know where this will go," he said.