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NEWS RELEASE

UD PROFESSOR SELECTED AS MASSAGE THERAPIST FOR SUMMER OLYMPIC GAMES IN SYDNEY, AUSTRALIA

DAYTON, Ohio — When University of Dayton athletes need help recovering from injury or surgery, they often turn to Carol Siciliano.

Soon Olympic athletes will turn to her, too.

Siciliano, an associate professor of health and sport science at the University of Dayton, regularly volunteers as a massage therapist for UD athletes who are recovering from injuries and need assistance beyond what physical therapists and trainers can provide.

"The goal is to get them back as quickly as possible without agitating the injury," she said. The sports medicine approach at UD is "conservative but enlightened," she said. "My inclusion in that team makes us unique."

Starting on Sept. 1, 2000, Siciliano will volunteer her massage skills for Olympic athletes in Sydney, Australia. She has been selected to serve on the medical volunteer team in the Olympic Village.

"I have always wanted to work with world-class athletes," said Siciliano, who also volunteered at the 1996 Olympic Games in Atlanta, where she was one of 120 therapists selected from 2,100 applicants. The International Olympic Committee required massage therapists to be a part of the 5,000-member medical team for the first time in 1996. Siciliano also worked with the United States volleyball team during the 1995 World Cup games in Atlanta.

Siciliano, who will work eight-hour shifts each day for two weeks before and two weeks during the games, expects to spend about \$5,000 for transportation, food and lodging.

"The privilege of working with these young kids far outweighs any cost to you," she said. "I'm going to get the ultimate education. I'll be sharing my skills and learning from others."

Siciliano said the 1996 Olympic experience allowed her to work with some of the most-respected therapists and physicians in the medical field. For example, she keeps a photograph on her desk of her standing with "Scoot" or Joseph H. Dimon, an orthopedic surgeon who performed the first hip implant. "He helped hone my skills," she said.

During the 1996 games, Siciliano said most foreign athletes would not approach her for

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help until after their events were over, she said. "Trust is a big factor," she said. "Team trainers and doctors would come and watch me work. You would constantly be evaluated."

Siciliano said she understood the hesitation during highly competitive events. "I'm working with a body, I can precipitate change."

Siciliano, who came to UD in 1964 as an assistant professor in the teacher training program of the health and physical education department, received her initial education in massage therapy from the S.H.I. (Self Help Inc.) Integrative Medical Massage School in Lebanon, Ohio. She is also a certified cranialsacral therapist. Cranialsacral therapy is a hands-on method of evaluating and enhancing the function of the craniosacral system, or the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

At UD, Siciliano teaches a course in massage therapy for exercise science and pre-physical therapy students and athletic trainers. She also teaches a dance therapy class through the music therapy program.

Her interest in the field of massage therapy has taken her around the world. Last year, she spent her sabbatical in Beijing, China, studying Qigong, which is a traditional Chinese medical approach that looks at the mind-body-spirit connection in the healing process. She also spent time in China in 1991 to study Tuina, another traditional medicine that involves soft tissue massage.

In 1996, Siciliano spent one month in Switzerland working as a massage therapist with a team that works with children of the survivors of the Holocaust.

She has worked with the Shiloah Center for Human Growth, a stress management program used by the Montgomery County Sheriff's Office. She has also studied with The Upledger Institute, a center that uses cranialsacral therapy and focuses on children with post-traumatic stress disorder.

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For media interviews, call **Carol Siciliano** at (937) 229-4207 or e-mail sicilian@yar.udayton.