



Core Wellness Centre is excited to bring the AMIT system, featured in the movie "Doctored," to the Midwest so local dancers at all technical levels can recover faster from injury, prevent future damage, and enhance their dance performance.

Unlike conventional treatments, AMIT rapidly identifies and heals the root cause of injury and dysfunction, removes pain, reveals areas at risk and improves performance **without the use of drugs or surgery.**

For over 27 years, amateur, professional and Olympic athletes have depended upon AMIT to deliver amazing results. In fact, the NBA Utah Jazz players missed 50% fewer games due to injury than the league average by being treated with AMIT. Athletes Torah Bright, Travis Jayner, John Stockton, Picabo Street, Steve Nyman, Bill Romanowski, and many others have received both healing and performance benefits far beyond the expectations of even these elite competitors.

Dr. Zanelli has trained over 200 hours with Dr. Craig Buhler, the leading authority on AMIT, to be able to provide this breakthrough treatment and have her patients achieve the lasting success AMIT brings.

About Core Wellness Centre and Dr. Patricia Zanelli

Core Wellness Centre offers a comprehensive range of chiropractic services to relieve pain, restore function and help patients achieve the highest level of performance obtainable. We treat people who are at every fitness level - from everyday active people to elite athletes, professional dancers and everyone in between.

Dr. Patricia Zanelli received her doctorate in chiropractic medicine from National College of Chiropractic in Lombard, Illinois and has spent over 18 years completing thousands of hours of post-doctoral training in order to effectively diagnose, treat and increase the health and physical performance of her patients. Call us today to find out how she can help you!



Core Wellness

Chiropractic and Anti-Aging Centre

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Core Wellness

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AMIT

Advanced Muscle Integration Technique



Delivering faster recovery from
dance injuries and increased
dance performance

AMIT – Take control

Recover faster - Dance better

- Are you flexible - but not very strong?
- Are other dancers performing moves more precisely than you with seemingly less effort?
- Are certain poses always painful, uncomfortable, or just difficult to execute smoothly?
- Are you unable to perform dance positions with equal strength and flexibility on both sides?
- Do your muscles fatigue easily and do you struggle to maintain good form for the entire class?

For many dancers, these challenges often end in pain and frustration. However, you don't have to experience these roadblocks.

AMIT is a breakthrough treatment option that quickly and effectively identifies and addresses the root cause of your pain and dysfunction. Symptoms are eliminated and future problems avoided entirely. You recover more quickly, stay healthier, and can take your dancing to the next level.

AMIT gives you the edge over your competition – whether you want to excel in class, audition for college, or compete in the professional dance world.

The only question you should be asking yourself now is: How can I afford not to turn to AMIT when I am injured, in pain, or want the best performance possible?



Why Dancers Need AMIT

Dancers always strive for perfection but the drive to be the best often pushes muscles beyond their limits.

When a dancer overloads a muscle, the body “shuts off” this damaged muscle to stop further injury. Other muscles step in to bear the load of this non-functioning muscle. These muscles try to compensate but since they are doing a job they weren't designed to do, they eventually also fail due to the increased physical demands. This leaves the dancer with instabilities around the joint these muscles support.

As this cycle continues, function deteriorates. This is when a dancer notices a plateau or even a decrease in their ability in spite of more practice time. The dancer is now at risk for further injury, chronic pain, and/or less than optimal performance.

Dr. Zanelli uses AMIT to re-activate these

shut down muscles so dancers can completely recover from injury in the shortest amount of time. Once balanced, muscles can work at full function and the body can efficiently operate, pain-free, at the highest level of dance performance imaginable.

Contact Core Wellness Centre today to see how AMIT can benefit your artistic and athletic development.



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