

Testimony of Ryan King  
In Support of HOUSE BILL No. 2578  
Before Committee on Health and Human Services.  
February 4, 2016

Hello, I am Ryan King, originally from Hesston, Kansas. From Hesston I went on to graduate from Kansas State University in 2014 and then from the Fuqua School of Business at Duke University in 2015. I am currently employee at an engineering design and consulting firm in Kansas City.

While I was a student at Hesston High School I suffered my first concussion during a club soccer game in February of 2008. I took a soccer ball to the back of the head and “had my bell rung.” After a brief stint on the sideline I was adamant that I was okay, I went back in and finished the game. Hours later however, it was noticed that I was not acting like myself. My mother took me into the emergency room and I was diagnosed with a concussion. For the next two weeks I sat in our basement; unable to get up, watch tv, read, or even have the lights on without a terrible splitting headache with the accompanying dizziness and ringing in my ears. It eventually subsided and I was cleared to run track that spring and play soccer and basketball once again.

That following June I received another concussion during the normal run of play in a soccer game. This time most of the initial symptoms passed in three to four days but a couple of effects lingered much longer. For months on end any bright lights, loud noises, or physical exertion prompted prolonged migraines that nothing; not medicine, or rest or anything other thing I tried could completely cure. During this time I saw two different neurologists who prescribed medication and treatments, but to no avail. I was forced out of all three sports that I competed in, missing my junior year of sports. Even eight months later I could still not run because of the lasting symptoms of my concussions. I was however cleared to compete in golf in the spring of 2009, which in lieu of track I decided to do.

From Hesston I went on to Kansas State where I became a member of the Men’s Soccer Club and competed initially with no problems. December of 2011 (my sophomore year of college) I had my third concussion while playing a pick-up basketball game with my friends. Apparently I played through it, but I do not remember the end of the game or how I got home. This again triggered daily headaches and severe sensitivity to light and sound. I again gave up sports, running and working out. Even while taking all necessary precautions I received my fourth concussion as I was a spectator watching the State 2A Basketball Championship at

Bramlage. I had not yet begin to recover from the previous concussion and this one in addition had a compounding effect on my ever-present symptoms. The constant headaches continued and after spiraling into severe diagnosed depression we decided to once again see a neurologist. This neurologist offered more of the same help but there was no respite in the headaches and sensitivity. I dropped out of that spring term at Kansas State because I physically could no longer do the work required.

At this point our pastor suggested that we see a chiropractor who had been helping his father with his worsening Parkinson's disease. We called Dr. Sean Hubbard and told him our situation; he thought he may be able to help so we went to visit. The first thing Dr. Hubbard had me try was a field sobriety test which I failed miserably. Approximately three months after my last concussion I could not stand still with my eyes closed and touch a finger to my nose. Dr. Hubbard began working me through very simple exercises then tested me again. Progress was made the very first day. Throughout that summer I saw Dr. Hubbard weekly and was given "take home exercises" that I did every several hours between appointments. These exercises he explained targeted the source of my post-concussion syndrome instead of just trying to mask the side effect which was essentially what my previous treatments had been. I was rehabbing the specific area of the brain that had been compromised by these concussions. Within a couple of weeks I was starting to go a full day without a headache. One day turned into two, two days turned into even more days that I went between symptoms and by the end of the summer Dr. Hubbard thought that I was well enough to enroll again at K-State. I took a lighter course load and continued with neurological exercises throughout the semester. I continued to improve and by the time I graduated in May of 2014 I was able to run again.

Since I first met and began to talk with Dr. Hubbard I became very interested in chiropractors that were treating concussions. He showed me several videos of the work that Dr. Ted Carrick was doing at Life University in Marietta, Georgia. Dr. Hubbard was able to spend several weeks with Dr. Carrick in Georgia learning the latest in how chiropractors can treat concussion and post-concussion syndrome. You may recognize Dr. Carrick's name as ABC's *Nightline* ran a piece about him in 2012. You may also recognize the name of some of his patients; they include two NHL and Canadian Olympic Gold Medalists Sidney Crosby and Jonathan Toews, as well as Brazilian National Soccer Team Player and Olympic Silver Medalist Alexandre Pato. These athletes and more have seen a chiropractor after failing to sufficiently recover from concussions in sports. All three of these athletes improved from chiropractic care and each was able to continue their respective careers at the highest level. Dr. Carrick is now thought of as the leader in addressing concussion issues with athletes from all different sports.

Chiropractors are now leaders in concussion research and care. I was shocked when I learned that the state and KSHSAA does not permit chiropractors the authority to clear athletes for competition in Kansas sports. After unsuccessful treatment from doctors and neurologist multiple times, Dr. Sean Hubbard, a chiropractor, helped me see results right away. On top of that he also had the extensive knowledge to know how quickly/slowly real recovery would take and was able to give me a realistic timeline for when I would be able to do basic tasks again all the way up to when I would be able to run again.

When friends, family and others from the community ask my parents or I who/what helped the most in dealing with my concussions I tell them my experiences both with different types of doctors, as well as the little things that got me through the tough days. I tell them that seeing the right chiropractor was what really helped me recover. And I think that me, standing here today as a two time graduate and as someone who can run again, two things that at one time didn't seem possible, is a testament to what chiropractors can bring to the field of concussion diagnosis, recovery, and return to play.

Thank you for your time today.

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