



## FEATURE

# The Chiropractor who keeps Celine Dion's performers on their feet: Trevelynn Henuset, D.C.

By Jonathan Lance

After a long day that has turned into a long evening of work, Trevelynn Henuset, D.C., 32, is sitting at a table at an off-the-strip restaurant in Las Vegas for a Thursday midnight dinner, and says: "I feel very blessed with this job." Though Dr. Henuset (Life-West '01) may be slightly weary, it's obvious that the Health Services Department Director of international superstar Celine Dion's *A New Day...* is quite content with his "different-from-the-norm" work in chiropractic.

Celine Dion's all new show, *A New Day...*, one of the hottest live shows in North America, opened March 25, 2003, at The Colosseum at Caesars Palace in Las Vegas. Franco Dragone, director of the internationally acclaimed productions of *Cirque Du Soleil*, including the enormously successful *Quidam*, *O*, and *La Nouba*, created this spectacular showcase for Celine's incredible vocal theatrics and her accompanying whirlwind of talented, brightly costumed dance performers. The breathtaking event is contracted in the beautifully constructed 4,000-plus seat theatre for the next three years — at 200 shows a year. *A New Day...* features the singing performance of the acclaimed diva Celine Dion, a state-of-the-art production, and elaborately acrobatic dance routines. The health and well-being of the show's 48 dancers (including former members of Michael Jackson's and Madonna's troupes, as well as Dion herself), and the show's 11 musicians and vocalists are all in the capable hands of Dr. Trevelynn Henuset.

Throughout this day, before and after the show, Dr. Henuset met with about 20 of the performers. He's checking their spines and extremities, providing chiropractic adjustments where needed, physical therapy, patient reassessments, and even demonstrating how a wobble board works. He also keeps in constant contact with his busy staff, made up of a Pilates instructor, yoga instructor, myo-therapist, athletic therapist, and health services coordinator — as they, too, attend to all the dancers. Chiropractic, yoga, Pilates, massage, and physical therapy are all under Dr. Henuset's direction and mandate to keep his patients at top form and to minimize dance-related injuries.

"Like most shows of this type, the

dance choreography of *A New Day...* is quite physically demanding," says Dr. Henuset. "I'm able to work with an outstanding staff and facility, and ultimately provide the best possible care. The health care we are able to deliver to the dancers really shows how Celine Dion respects and cares about the people she works with." Also seated at tonight's dinner table is a dance performer from another international show that is also booked in Las Vegas, who said their troupe's care consists of only



Henuset's adjusting table with the Celine Dion logo.



Performers line up for adjustments.

three brief visits a week from a local physical therapist.

Whether it's preventive care or rehab, all performers are directed first to Dr. Henuset, as the company's primary health-care provider. He does occasionally refer his patients for acupuncture. In addition, he has personally selected a few Las Vegas orthopedic surgeons that he confers with and sends his patients to for diagnostics and second opinions. "The M.D.s I work with must be comfortable with the philosophy that it is the nature of the body to heal itself. *A New Day...* has yet to lose a dancer to surgery and no performer has been forced to sit out due to an injury for more than two weeks."



Dr. Henuset adjusts as his myo-therapist massages.

You could have asked any Life Chiropractic College West student, staff, or faculty member who knew Henuset what he would be doing after graduating from Life West — they would have told you pretty much the same thing: "Trev will do something different from the norm." And, he did. Just a month after graduating from Life West, in March of 2001, Dr. Henuset began working with professional dancers. He served as the chiropractor for the internationally renowned Irish Dance Company *Spirit of the Dance*.

Traveling throughout the world with *Spirit*, Dr. Henuset said his time with the dance company helped him gain an appreciation for the strength and athleticism of professional dancers he was working with. "Though I didn't know much about dance when I

Henuset was raised in the small southwestern Manitoba town of Pipestone in Canada, population 300, where he was first introduced to chiropractic. "When I was growing up, I played hockey and would always go to our family's chiropractor for my health care." Later on, he moved to Winnipeg looking to make it as a rock musician; he played guitar in an alternative rock band named Bovine. "When my band would go on tour, there were always chiropractors around at the music festivals, so I would always get adjusted. After a few years, when it looked like the rock star lifestyle was not going to pay the bills, the band broke up. My best friend, Garry Eng, D.C., suggested that chiropractic was the career for me. And, I thought, yes, I would love to do it."

Why did Henuset decide to attend Life West? "I researched every chiropractic college in Northern America, and a few in Europe. I get pretty obsessed

like that, sometimes

[laughs]. Not only did my personal research direct me to Life West, but I also took direction from a number of practicing chiropractors who graduated from other chiropractic colleges. They told me if they did it over again, they would attend Life West. I really feel indebted to [Life West President] Dr. Clum and Life West. Life West literally gave me all the education I needed to do this job — it must have,

because I never took any specialized sports- or dance-related continuing education courses while attending college."

Dr. Henuset usually begins his day anywhere between 10:00 a.m. to 2:00 p.m. with administrative duties. Around 3:00 p.m., he begins providing care for the dancers and reassesses their injuries. He will also decide if an injured dancer can or cannot perform that evening. Around 5:00 p.m., when the performers are done with their rehearsals and workouts, he will begin delivering general care through prior appointments that have been made. During the show, 7:30 to 10:30 p.m., he records the day's patient reports and other essential paperwork. When the show is



Back stage with two performers just moments before opening curtain.

started, I do now." He knows all of the dance movements and routines of each number, so he knows what could be causing a physical problem, or whether a dancer needs to omit particular dances or routines for a specific time period.

In July 2002, while touring with *Spirit* in North America, Dr. Henuset got a call from the producer of *A New Day...* "I really thought someone was playing a joke on me." But, it was no joke and the following October he was working continuously with *A New Day...* as they rehearsed in Belgium, and then continued to rehearse in Las Vegas at the beginning of this year until the opening night.