



## DR. ROY BÖSIGER

I spent my childhood on the beautiful Bettmeralp. Due to my worsening vision impairment, I was forced to transfer to the School for the Blind and Visually Impaired in Zollikofen. At the age of 14, I became completely blind. The transition to a life without sight was not easy, but I found comfort and strength in disability sports. In 1994, I had the opportunity to compete in the Paralympic Games in Lillehammer, where I won the gold medal in the Giant Slalom. The sport of Torball, a ball game for blind and visually impaired people, has been my passion since I became blind. Together with my wife Barbara, I run the Torball Club Heidiland in Bad Ragaz. Besides sportive activities, the main focus is laid on the exchange and mutual support of work, sports and life.



After completing secondary school, I attended the Free Gymnasium in Bern. My dream profession was physiotherapist because I saw how many of my Torball teammates were happily working in this field. Unfortunately, all training opportunities for blind people to become physiotherapists were discontinued. Fortunately, I found a better option: chiropractic training. I took the leap and moved with my visually impaired wife to faraway Los Angeles. Thanks to the support of many people, I was able to successfully complete my training after four years.

Back in Switzerland, I found an assistant position in Chur with Dr. Oman and Dr. Jörgler after a long search. They welcomed me with open arms and gave me the chance to prove myself. After completing the two-year assistantship, I worked for six months as an assistant intern at the Clinic Valens. The interdisciplinary collaboration inspired me. In January 2007, I took a position with Dr. Felix in Sargans, where I worked for five years.

In February 2012, I opened my own practice in Bad Ragaz. In my life, seemingly insurmountable obstacles have arisen again and again. Through the help of my friends and a lot of grace and perseverance, I was able to achieve my dream of running my own practice. Many people suffer from painful limitations and repeatedly set- and flashbacks. Being a support and being able to offer help to these people is my daily motivation.

I look forward to welcoming you to my practice.



### **Education**

- 1999-2000: Biology studies at the University of Bern (1st Propedeutic Year)  
2000-2004: Chiropractic studies at Southern California University of Health Sciences (SCUHS) in LA, Los Angeles  
2004-2006: Assistantship with Dr. Rosemary Oman and Dr. Gian Jörger in Chur  
2004-2006: Further education at the Chiropractic Institute in Bern  
2006: Intern at the Valens Clinic  
2007-2009: Training in Applied Kinesiology in Solothurn

### **Degrees**

- 2004: Doctor of Chiropractic from Southern California University of Health Sciences  
2006: 2nd Intercantonal Final Examination of Swiss Chiropractors  
2009: Completion of Applied Kinesiology with A-Diploma

### **Courses and Treatment Methods**

- Diversified Applied Kinesiology
- Gonstead
- Motion Palpation
- Sacral Occipital Technique (SOT)
- Neuroemotional Technique (NET)
- Network Spinal Analysis (Basic Care)
- Graston Technique
- MRI Technique
- Scar Therapy according to Böger
- Therapeutic Climbing