

## Dr. Cristina Leonardelli

### Award of Excellence – Resident Category

Awards of Excellence are meant to recognize the outstanding achievement conducted by chiropractic students, RCCSS(C) sports residents and RCCSS(C) Fellows.

These awards are open to members of the Royal College of Chiropractic Sports Sciences (Canada) [RCCSS(C)] who have recently conducted scholarly written requirements as part of their Canadian Chiropractic Sports Sciences Residency Program (SSRP).

*Dr. Cristina Leonardelli is currently a resident of the Royal College of Chiropractic Sports Sciences Canada (RCCSS(C)). She earned her Bachelor of Science Kinesiology degree from McMaster University, where she captained the varsity soccer team. She then graduated magna cum laude from the Canadian Memorial Chiropractic College in 2017, and went on to complete her Masters in Human Kinetics with a focus in applied sport psychology from the University of Ottawa in 2018.*

*Dr. Leonardelli has worked in private practice as a chiropractor and mental performance consultant in Ottawa since 2017. She has been involved in various levels of sport from the grassroots level to the international stage, including as a team chiropractor of the CFL's Ottawa Redblacks since the 2018 season. She was also the lead therapist for Atletico Ottawa of the Canadian Premier League (CPL) during their inaugural season in 2020, and worked as a team therapist with the Canadian Women's National Soccer Team at the SheBelieves Cup in 2021.*

*Dr. Leonardelli believes that sports chiropractic research is critical to keeping sports chiropractors informed of the latest advancements in supporting athletes toward optimal performance. Sports Chiropractic research in a variety of domains, such as biomechanics, rehabilitation, injury prevention, nutrition, and psychology, provide a holistic approach to evidence-informed practice. Continuing to advance this research is especially important as sports specialist chiropractors position themselves as integral members of every athlete's healthcare team.*

