

Olympic Medallist Says Chiropractic Key to His Success

By Dr. Mike Mitchell

DEREK WINS GOLD!!!

A 5'4" tall 140 pound chiropractic patient, Derek Parra, set a world record in the 1500 meter men's speed skating to win the gold medal and also won a silver medal in the 5000-meter speed skating competition at the 2002 Winter Olympic Games in Salt Lake City, Utah. Winning a gold and silver metal in the Olympic games is an admirable feat for any athlete, but for Derek Parra to win the two metals is truly amazing.

THE REST OF HIS STORY

You see Derek, at 31 years of age, is the oldest member of the U.S. speed skating team. He did not even take up speed skating until 1996. Derek had only put on ice skates once before then. Although, he qualified two years later as an alternate on the U.S. speed skating team for the 1998 Olympics in Nagano, Japan, he did not compete in those games.

Derek's gold and silver metal finishes at this winter's Olympic games were his first ever Olympic performances. However, Derek is no stranger to metals. Before he took up ice skating for his Olympic quest, he was the world's top in-line roller skater. Derek was world in-line roller skating champion twice, three time national champion, and the most decorated athlete at the 1995 Pan-Am games with five gold metals, two silver metals, and a bronze metal.

In between training for the Olympics, Derek works in the electrical department at Salt Lake City's West Valley Home Depot. A story reminiscent of Kurt Warner, quarterback of the St. Louis Rams, who three years ago went from stocking super market shelves to Super Bowl MVP.

CHIROPRACTIC THE KEY

Speed skaters must have strong low back, hip, and thigh muscles to get the needed power to their skates.

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Their extreme forward leaning posture utilized to reduce wind resistance causes undue strain on the low back and hips. This is why chiropractic is so important to Derek. **“I’ve always believed in chiropractic care,”** Derek said. **“I’ve used a lot of other treatments for injuries and pain, but the problem doesn’t get fixed until I go to the chiropractor. I tell other athletes about chiropractic care, too.”** he added.

SPOKESPERSON FOR THE AMERICAN CHIROPRACTIC ASSOCIATION

Because of his commitment to chiropractic Derek Parra was appointed spokesperson for the American Chiropractic Association (ACA). Derek’s Olympic training was also sponsored by the ACA.

MORE CHIROPRACTIC ATHLETES:

Joe Montana, the former quarterback for the San Francisco 49ers, was seen on national TV before Super Bowl XXIV being adjusted on the sidelines by his chiropractor. His former teammate **Jerry Rice**, a wide receiver now with the Oakland Raiders, is a big proponent of chiropractic as well.

Emmett Smith, in his twelfth year as a running back for the Dallas Cowboys, credits chiropractic with helping his longevity in the NFL, where the average career of a running back is less than three years.

Other athletes depend on chiropractic to keep them at the top of their game, too. **Mark McGwire**, retired first baseman for the St. Louis Cardinals and **Matt Williams**, third baseman for the Arizona Diamondbacks believe in the benefits of chiropractic care for professional athletes. **Joe Torre**, manager of the New York Yankees, is a big supporter of chiropractic care.

The San Francisco Giants, Cincinnati Reds, Arizona Diamondbacks, St. Louis Cardinals, and St. Louis Rams are among the professional sports teams with official team chiropractors. Most other professional sports teams utilize chiropractors in some capacity.

HOW ABOUT TAKING CARE OF YOU?

With warmer weather just around the corner, most of our readers and their children will be increasing their physical activity. Whether engaging in golf, baseball, soccer, fishing, hiking, or even doing home repair and yard work your body will be subjected to increased stresses. These stresses can take their toll on a mis-aligned body and can lead to injury of joints, muscles, ligaments, and nerves if not addressed with appropriate treatment, such as chiropractic care.

Let chiropractic care keep you and your children at the top of your game by seeing your chiropractor for a springtime check-up!