

Chiropractic Team Treats Top in Track and Field

SHOWCASE FOR CHIROPRACTIC AT U.S. NATIONALS

Dynamic Chiropractic Staff

Chiropractic played a major role in the treatment of the nation's elite track and field athletes at the U.S. National Track and Field Championships in Eugene, Oregon, June 15-19.

With eight world record holders and 13 Olympic gold medalists competing in the meet, the chiropractic team had a field day bringing care to such athletes as Carl Lewis, Olympic gold medalist in the 100 meters (twice) and the long jump (thrice); Dan O'Brien, world record holder in the decathlon; and Barcelona gold medalists Quincy Watts (400 meters), Mike Conley (triple jump), and Gwen Torrence (200 meters), among others.

Chiropractic care was definitely the treatment of choice by the athletes. Forty-six percent of the athletes (325 out of 700) received chiropractic care.

The treatment center, located near the retaining fence by the start of the 100 meters, was a 10' x 20' tent erected for the athletic trainers, and a 10' x 10' tent for the chiropractors was next to that, closest to the track. Three chiropractic adjusting tables were present and usually two or three chiropractors were treating athletes at the same time.

With 700 athletes competing over five days, the four-man chiropractic team was kept busy. The treatment center was staffed 10 a.m. to 9 p.m. the first four days of competition, and 8:30 a.m. to 3:30 p.m. on the final day. Day three saw the chiropractic team treat 92 athletes; on day four, 83 athletes took advantage of chiropractic treatment.

Charting athlete treatment was necessary but simple: the athlete's name, injury or complaint, treatment, and any comments written down by each chiropractor on the daily treatment log.

The sports medicine staff for the championships included chiropractors, medical doctors, athletic trainers, and massage therapists. A cooperative effort by the entire medical team created a positive experience for the athletes. The chiropractic team expressed their special thanks to Phillip Taggart, MD, head physician, and Kim Terrell, head athletic trainer, for their positive contribution to the medical team. Charles Foster of the 1996 Atlanta Olympics staff commented that he was amazed by the chiropractors, athletic trainers, and medical doctors working together side by side in a spirit of cooperation.

The Chiropractic Team

The organizing committee for the National Championships selected Dr. Richard Gorman of Eugene, Oregon, as the head chiropractor. He had served in that same capacity at the 1986 meet. A chiropractic consultant to the Athletics West track and field club from 1979-1985, Dr. Gorman served as head chiropractor of the World Veterans Championships in 1989, where 4,961 master track and field athletes from 58 countries competed. Dr. Gorman has been named to the All-Star Sports Medicine Team as one of the top 25 sports injury specialists in the U.S. by Runners World

magazine.

Portland chiropractor Dean Clark was selected as meet chiropractor for his experience with track and field athletes. A former cross-country runner and field athlete for Washington State University, Dr. Clark attained All-American status by placing third in the steeplechase during the 1973 NCAA championships. He was the head cross-country coach and assistant track coach at Oregon State University from 1975-1978, and head cross-country coach and assistant track coach at Stanford University from 1978-1980. Presently, he serves as the chiropractor for George Fox College's track and cross-country teams.

Dr. Ted Forcum, of Beaverton, Oregon, was selected for his experience with track and field athletes and his diversity in several treatment disciplines. Dr. Forcum ran cross-country and track at Willamette University in Salem, Oregon, specializing in the steeplechase. He worked as an assistant athletic trainer at Willamette University from 1983-1984. Dr. Forcum is a Certified Certified Chiropractic Sport Physician (CCSP), and strength and conditioning specialist (CSCS). He is the co-medical director of the Portland Marathon, meet chiropractor for both the Oregon Indoor and the Oregon International Track and Field Meet, and advisor to three athletic shoe manufacturers.

Dr. Mark Emerson has a background in athletics and experience treating high school and college athletes. He specializes in sports injuries and has completed his hours towards CCSP designation. Dr. Emerson has played basketball at Loretto Heights College in Denver and played wide receiver in semi-pro football for the San Jose Bandits. He is a resident of Eugene, Oregon.

Highlights of the Meet

- Treatment of decathletes Dan O'Brien and Rob Muzzio on Tuesday and Wednesday by DCs Clark and Gorman:

Dan underwent extensive treatment by Dr. Clark on Tuesday evening after the first five events and four times on Wednesday working organ to muscle reflexes in his abdomen and low back. O'Brien rose above the physical and mental challenges to score 8,331 points and win the National Championships.

Rob Muzzio was treated by Dr. Gorman twice on Tuesday for left groin and right achilles pain and once on Wednesday by Dr. Clark. He charged back from ninth place to make the World Championship Team with a tremendous effort in the last event, the 1500 meters.

- Jon Drummond's injured hamstring improved with extensive treatment by Dr. Forcum (four treatments in one day) and helped him run a personal best of 9.92 in the 100 meters.
- Gwen Torrence was treated by Dr. Emerson for a hamstring injury. She won the 200 meters and placed second in the 100 meters. Dr. Emerson used PNF and trigger-point therapy on her hamstring and adjusted her low back and sacroiliac articulations.
- Quincy Watts was treated twice by Dr. Gorman. Dr. Gorman discovered muscle weakness in Quincy's left quadriceps and left gluteus maximus, and corrected the muscular imbalance. Quincy stated that he could feel weakness in his left quadriceps going around the curves on the track and after treatment he felt full power in his left quadriceps.

Thirty-nine of the 325 athletes treated by DCs qualified to represent the U.S. at the World Championships in Stuttgart, Germany August 14--22. One-third of the United States team that will compete in the World Championships received chiropractic care during the National Championships in Eugene.

Chiropractic was extensively used and well received by the athletes. An open awareness by the athletes was present in seeking chiropractic care for "tune-ups" as well as injury treatment.

The U.S. Nationals were truly a showcase for chiropractic.

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