

## Northville chiropractor helps U.S. Olympic athletes at training center

Worked at clinic for two weeks

By Pam Fleming • STAFF WRITER • February 11, 2010

Being in tip-top shape is essential for athletes getting ready to compete in the 2010 Winter Olympics, which start tomorrow in Vancouver, B.C.

And Northville chiropractor Dr. Kenneth Stopa Jr. of Main Street Family Chiropractic recently helped to rehabilitate some of these athletes at the Olympic Training Center in Colorado Springs, Colo.

Stopa left Jan. 25 to spend two weeks at the center, giving chiropractic adjustments to injured athletes.

The center is the hub of where the athletes train. Athletes were there that will be competing this week in Vancouver, but a majority of the athletes there now are preparing for the Summer Olympics in 2012.

Stopa worked on any injury that an athlete might have. "It could be a new skiing injury or snowboarding injury," Stopa said before he left.

Many of the athletes live at the Olympic Training Center.

"You work with them throughout their experience there," Stopa said. "They want you to stick with the athletes, because they are used to getting chiropractic adjustments. That's why they called me out there."

### A HUGE OPPORTUNITY

Stopa was invited to the center and considered the two weeks a huge opportunity. The Olympics are showing a demand for chiropractors, and Stopa considered the invitation an honor.

"As far as we know he was the only Michigan chiropractor to be invited to this national event," said Ashleigh Price, one of Stopa's staff members.

He was invited to serve at the training center

because of his participation in the Diplomate program at Palmer College of Chiropractic.

"The instructor asked me to fill out the forms," Stopa said. "He said, 'You never know. They could call you.'"

The center looks for certified chiropractic sports physicians, a special certification. Olympic Training Center chiropractors also need to have treated sports injuries for at least five years. The application to work at the training center also required letters from athletic trainers. Stopa is currently the team chiropractor for the Detroit Derby Girls roller derby team.

Stopa also had to go through a government background check before being approved to go to Colorado Springs.

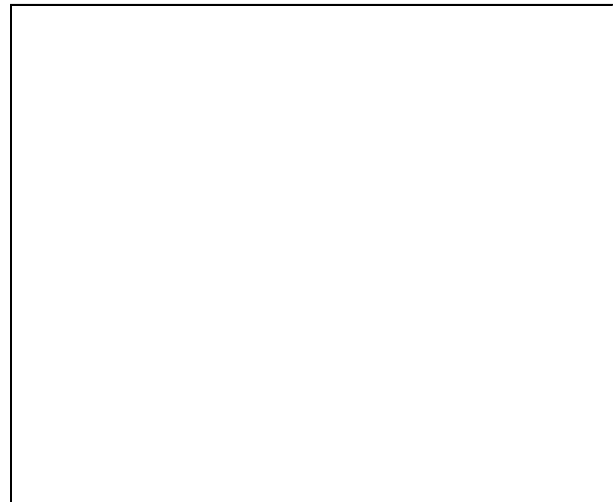
He said he was scheduled to work at the center's clinic from 8 a.m.-6 p.m. and would hit the books afterwards to learn more about the particular injuries.

"We have to get these athletes back on their feet and ready to go," he said. "There's no messing around. Many of them have serious injuries."

Stopa said he was excited and honored to be able to work on the U.S. athletes.

"This is my chance to serve the country in the best way I know," he said. "I really appreciate this opportunity."

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## NEW BILL PASSED

Another exciting thing that has happened in the chiropractic world is a recent bill that passed.

The bill allows Michigan chiropractors to adjust all extremities (wrists, knees, ankles, etc.). This law has been in effect in all 49 states except Michigan for years. With this bill recently being signed, it allowed Stopa the right to work on these athletes' extremities when at the Olympic Training Center.

Had this bill not been passed he would have not been able to work on extremities. Stopa owns Main Street Family Chiropractic on W. Main Street. To make an appointment, call (248) 735-9800.

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