

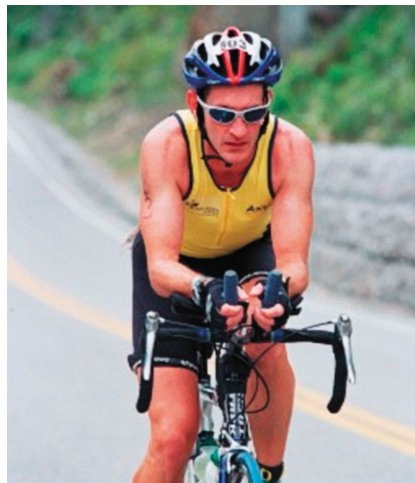
Wellness Matters

Ironman Doctor Treats and Competes

Dr. Hal Rosenberg knows what it takes to compete in one of the world's most grueling endurance sports – the Ironman triathlon. But Dr. Rosenberg, a doctor of chiropractic, doesn't just compete. He also treats some of the world's best athletes as a team doctor for USA Triathlon (USAT).

USAT is the organization that selects and trains the athletes who represent the United States in major international competitions, such as the world championships, the Pan American Games and the Olympic Games, for the sport of triathlon.

Dr. Rosenberg competed at the Ironman USA triathlon in the summer of 2004 in Lake Placid, New York. Just a few months prior to that, he traveled as a member of the medical staff with the United



Triathlete Dr. Hal Rosenberg in his first Ironman Triathlon, Lake Placid, New York.

States triathlon team to Madeira, Portugal for one of the three qualifying races for the Athens Olympics. The four doctors who made the trip – two doctors of chiropractic and two medical doctors – were selected by USAT.

“We are a full-service medical clinic at the world's events, with an ability to provide most of the services we provide in our offices back home. We are the envy of the teams from other countries because of the range of conditions and injuries we are prepared for and able to treat,” Dr. Rosenberg recalled. “International travel can be brutal on the bodies of the athletes and we definitely stayed busy preparing them for race day.”

In April of 2006, Dr. Rosenberg raced in another Ironman triathlon competition – the Arizona Ironman. After that, he again traveled as medical staff with the U.S. team to Denmark for the Long Course Triathlon World Championship.

Dr. Rosenberg, who finished another Ironman triathlon in 2007, said that being a triathlete himself is useful when treating the Team USA members because he knows exactly what they mean when they describe a particular physical problem related to the multi-sport competition.

Dr. Rosenberg is a graduate of Palmer College of Chiropractic West, and practices in San Francisco. ●



Dr. Hal Rosenberg running in the Lake Placid Ironman Triathlon.

A Message about Chiropractic Care

Chiropractic is a health care discipline which emphasizes the inherent power of the body to heal itself without surgery or drugs. Doctors of chiropractic are providers of first choice for wellness and the optimization of health. As a member of the California Chiropractic Association, your doctor of chiropractic subscribes to the highest standards of professionalism and patient care.

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