



DR. PAUL R. COPESEY, D.C., C.C.F.C.

SOUTHERN CALIFORNIA USATF SPORTS MEDICINE SUPPORT GROUP

Dr. Paul Copeskey, D.C., C.C.F.C., a member of the medical staff for USA Track & Field, is chairman of the **Southern California USATF Sports Medicine Support Group**—a coalition of elite local physicians, chiropractors, physical therapists, massage therapists, and athletic trainers dedicated to providing our *Open Athletics Championship Series* events with the best and most comprehensive medical support possible.

Dr. Copeskey has become widely recognized for his exceptional skill in diagnosing the cause-and-effect relationship of athletic injuries from head to toe. Over the past decade his patients have included numerous members of our USA Olympic and World Championship Track & Field Teams. Many top-level triathletes are also treated by Dr. Copeskey and wear his uniquely-designed orthotics. Many of America's leading collegiate athletes at UCLA, USC, Pepperdine, University of Arkansas, University of North Carolina, and Duke University also depend on him as their running mechanics/orthotic specialist.

A daily runner and marathoner himself; Dr. Copeskey started his sports medicine career in the late 1970's treating the world's preeminent male triathlete, Scott Tinley. That led to Dr. Copeskey creating the first chiropractic/massage team to provide athlete support at the *Ironman Triathlon* in Hawaii—a team that has now grown to more than 100 chiropractors and 300 massage therapists treating some 1500 triathletes. In 1992 he moved to Los Angeles from San Diego and now has private practices in both cities. In 1993 he became team doctor for *Track West*, a team of elite men and women track & field athletes based in Santa Monica. He was also invited to join the instructor staff of the *AAF/CIF (LA'84 Foundation) Coaching Program*, a series of regional clinics designed to enhance the expertise of high school coaches in a variety of sports. Over the course of the last 15-years he instructed more than a 1,500 Southern California coaches in how to improve their athletes' running mechanics and prevent and treat common running related injuries.

The goal of the Southern California USATF Sports Medicine Support Group is to provide athletes with the pre and post competition care they need to maximize their performances and recovery. To do so, it has standardized treatment protocols to meet the specific needs of track & field and long distance athletes competing in the most high-profile events contested in Southern California.

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