

Retired Major League Pitcher Jeff Nelson Offers a Postseason Pep-Talk to Local Softball Team Sponsored by Back and Body Medical in Midtown Manhattan

A local softball team sponsored by Back and Body Medical in Midtown Manhattan recently received a video pep-talk from retired major league pitcher Jeff Nelson. Nelson, a four-time World Series champion and 2001 All-Star, took time out of his schedule to offer some words of motivation to the team.

New York, NY ([PRWEB](#)) October 01, 2013 -- [Back and Body Medical](#) has sponsored a team in the Hoboken Co-Ed Softball League for the past two years. Now the team has made it through to the 2013 postseason and is on the verge of a league championship. Jeff Nelson, a retired major league pitcher who played 15 seasons with the Mariners, Yankees, Rangers and White Sox, has been in that position before. “You have been on the doorstep of winning this thing the last few years. I know what that’s like. It took years before I won my first ring in ’96. Well, now is the time for you to bring home the trophy... Good luck and stay focused.” Nelson also singled out a handful of the team’s 15 players for special encouragement—newlyweds and new parents in particular. Back and Body Medical has placed Jeff Nelson's video message to the team on the practice's [YouTube channel](#).

What did the players take away from Nelson’s message? [Dr. David Perna, a Chiropractic Physician and Director of Complimentary Alternative Medicine at Back and Body Medical](#) enjoyed seeing the video. “It was a great speech—really funny. We were all really excited to have teammate Scott Delea and Party With Purpose involved with setting this up and grateful to Jeff Nelson for doing it.” For Dr. Perna and Back and Body Medical, being involved with the team makes sense for both professional and personal reasons. “Sponsoring this team is a good representation of Back and Body Medical. It’s a great way to showcase this company to the local community and to a lot of athletes. They have always been a great team. They try really hard, they've been lucky and they've stayed healthy. We’re very proud.” As one of the team’s regular outfielders, Dr. Perna enjoys being on the field. “I started playing during chiropractic school and have kept playing for the past 15 years. It’s just a great time. I like to get away and relax and have some fun away from work.”

Back and Body Medical provides physical therapy and rehabilitation to professional and amateur athletes across a wide variety of sports, including baseball and softball. This means it’s not surprising that Dr. Perna has seen teammates and other players from around the league in his office over the past seven years—usually for hamstring and knee issues. In a few cases, players have needed braces and post-surgical rehab. When that’s happened, Back and Body Medical has been able to help get them back in the game quickly. Based on his experience treating sports injuries, Dr. Perna has some very practical advice for weekend warriors. “The best way to avoid injury is to stay active by working out at least a couple of times a week. Also, avoid jumping out of the car and immediately starting to play. Stretching before any sport will reduce the possibility of injuries.”

About Dr. David Perna, D.C., C.C.E.P.

Dr. David Perna is a chiropractor and Director of Complimentary Alternative Medicine at Back and Body Medical in Midtown Manhattan. He is a Strength Coach and Personal Trainer (ISSA- and ACE-certified) as well as a Strength and Conditioning Specialist (NSCA-certified). Dr. Perna is certified to perform Manipulation Under Anesthesia (MUA), Nerve Conduction Velocity (NCV) Tests and Electromyography (EMG). He is also

certified to practice Active Release Techniques (ART) and the Graston Technique.

Dr. Perna holds a Doctor of Chiropractic from Life University and a B.S. from Rutgers University. He works with athletes in a wide variety of sports and can also provide recommendations for strength training coaches, swimming coaches and running clubs that offer help with technique.

About Back and Body Medical

Back and Body Medical in Midtown Manhattan is an integrated healthcare practice specializing in the treatment of back, neck, shoulder, hip and leg pain. The clinic's multi-specialty approach, combined with advanced diagnostic techniques and numerous progressive treatment choices, has made Back and Body Medical a very attractive option for time-pressed New Yorkers who want access to multiple pain doctors and cutting-edge therapies without leaving Midtown Manhattan.

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About Party With Purpose

[Party With Purpose](#) is a 100% volunteer based 501(c)(3) not-for-profit organization that produces great local events to raise money for area charities and bring the greater Hoboken community together in the process. Since 2002, Party With Purpose has hosted over 50 events and has donated over \$425,000.



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