Dr. David Perna of Back and Body Medical in Midtown Manhattan Completes Ironman 70.3 Syracuse, Gains New Perspective on Patients' Fitness Goals and Training Requirements

Dr. David Perna, a Chiropractic Physician and Director of Complimentary Alternative Medicine at Back and Body Medical in Midtown Manhattan, recently completed the 70.3-mile Ironman Triathlon in Syracuse, NY. In the process, he not only achieved a personal goal, he also gained valuable first-hand insights into the fitness and training demands of the athletes he treats.

New York, NY ([PRWEB](#)) July 24, 2013 -- The scenery in and around Syracuse, NY on June 23 was beautiful, but the race itself was demanding. The triathlon included a 1.2-mile single-loop swim, a 56-mile bike course and a 13.1-mile run. Of the 2,000 plus competitors at the starting line, only about 1,300 finished. According to Dr. David Perna, a [NYC chiropractor](#) and Director of Complimentary Alternative Medicine at Back and Body Medical in Midtown Manhattan, "It was the hardest thing I ever did in my life." So what motivated Dr. Perna to take on this challenge? "I'd seen events like this from the sidelines, treating triathletes using [Active Release Technique (ART)](#) and [Graston Technique](#) at last year's New York City Ironman 140.6. Given my own experience swimming, road racing and running, this Ironman seemed like a great fit."

When it comes to succeeding in an Ironman triathlon, preparation is key. For Dr. Perna, this meant intensive training for six months—early morning biking, running in Central Park and swimming in the evenings. But it also meant keeping his body in condition to train consistently over that period despite all the wear and tear. While he suffered early on with [plantar fasciitis](#) and lower back pain, timely treatment at Back and Body Medical gave him an edge. "Back and Body Medical experts applied ART and Graston as well as [decompression therapy](#) and regular adjustments throughout my training." Addressing health issues as soon as they appear is very important when preparing for an event of this type. Without effective treatment, injuries and pain can compromise an athlete's training program and prevent them from building the endurance and stamina they'll need to be successful. Dr. Perna says he saw this risk first-hand. "In my case, early treatment made a big difference in allowing my training to continue with decreased or eliminated pain and discomfort. With race-day temperatures in the mid-90s, finishing the event may actually have been impossible for me if I hadn't been able to train consistently."

There's no doubt that Dr. Perna benefited from the experience of his patients as he prepared for his own triathlon. "While training for a marathon may only require three months, intensive triathlon training needs to begin at least six months out. You should expect some minor pain during the process, but it shouldn't be present all the time or continue much beyond the training day. If you ignore pain or try to work around injuries too far into your training cycle, you'll lose training time and effectiveness, and competition may not be possible. You're also more likely to suffer from more serious injuries and have longer recovery times." He believes this is exactly why so many of the triathletes and runners he sees at Back and Body Medical benefit from ART and the Graston Technique during their training. It reduces soft tissue pain and aids in preventing injuries caused by overuse and speed training.

"I understand the situation from a competitive athlete's point of view. My own personal experience with activities like swimming, cycling, running and yoga--as well as the overuse injuries that come with them--helps me serve my patients better. And now I know first-hand just how much training, nutrition, and recovery time

are needed to meet a challenge like a triathlon. Any physician treating athletes needs to understand the patient's goals. You can't just offer advice like 'If it hurts, don't do it.'"

Above all, Dr. Perna is grateful for the opportunity to participate in a triathlon and for the lessons it has taught him. "Training required a lot of time and my staff really made it happen. I'm very thankful for the care they provided to me. The experience has given me even more empathy for my patients, and I'm excited to apply everything I've learned to reduce their pain and help them avoid and recover from 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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