

# Father-Son Team Helps Boxers Succeed in the Ring and in Everyday Life

In the boxing world, the quiet town of Oxnard, California, has emerged as a major training ground for aspiring champions.

At ringside for all the activity are Dr. Roger Anderson and Dr. Todd Anderson, a father-and-son chiropractic team that is an integral part of the local boxing scene. But they are more than just health care providers – they are looked up to as mentors, role models and family members.

It all started eight years ago when hometown, soon-to-be greats Fernando Vargas and Robert Garcia began training at La Colonia gym, two blocks away from the Andersons' chiropractic offices.

"At first, they would come to see us for hand and back injuries, but it quickly evolved into working on training and nutrition too," Dr. Roger Anderson said.

Vargas went on to win two world titles as junior middleweight champion of the International Boxing Federation (IBF) and the World Boxing Association. Garcia won the IBF world champion title as a junior lightweight. Now, hopeful athletes journey to Oxnard to follow in their footsteps and train at La Colonia gym.

**"When they're fighting for a title, they want every advantage. They know chiropractic care helps them perform at their very best."**

The Andersons routinely can be spotted "in the corner," ready to provide first aid or treat swelling during a fight. "We definitely are considered part of the team," Dr. Roger Anderson said.

And, being part of the team means more than providing health care advice and treatment. Many of the young athletes come from underprivileged backgrounds or unstable home lives. These young



Dr. Roger Anderson and Robert Garcia



Dr. Todd Anderson and Jose Aquiniga



Dr. Roger Anderson and Fernando Vargas

fighters want to succeed not just in the ring, but in their everyday lives too, according to Dr. Roger Anderson.

"The kids look to us for practical advice, like how to buy a car, what type of insurance to get, how to make a plane reservation or purchase a ticket on-line. They trust us, and it is gratifying for us to be able to help them," Dr. Todd Anderson said.

Their commitment to helping young athletes is one of the reasons the Andersons were honored to be asked to provide on-site chiropractic care for the National Police Athletic League (PAL) Boxing Tournament in Oxnard recently. For more than 30 years, the PAL has sponsored the tournament as a youth crime prevention program.

This October, 300 boys and girls age 13 and older competed in Oxnard for amateur championship titles. Among them was Mike Garcia, a patient of the Andersons, and brother of former titleholder Robert Garcia.

"It was exciting to see Mike and all these kids come so far and achieve so much success," Dr. Roger Anderson said.

The Andersons are also working closely with rising star Jose Aguiniga, who has won an impressive string of 29 professional fights and hopes to win the championship title of the North American Boxing Organization.

According to Dr. Roger Anderson, "No matter where we go – the Olympic trials, amateur bouts or professional fights – if someone learns you are a doctor of chiropractic, they're your best friend. When they're fighting for a title, they want every advantage. They know chiropractic care helps them perform at their very best."

Dr. Roger Anderson and Dr. Todd Anderson are both graduates of Cleveland Chiropractic College. Dr. Roger Anderson has been in private practice for 37 years. Dr. Todd Anderson joined his father's practice 14 years ago. ●