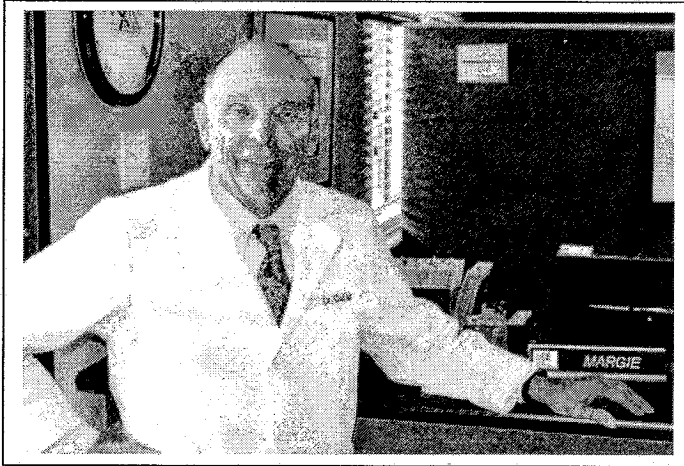


The following article was published in the Park Record on April 4, 2015



By Bubba Brown

Healing through technology – Longtime Park City chiropractor uses technology to fix patients.

Having served as a chiropractor in Park City since 1981, Dr Don Cofer has been on the forefront of technological developments that have revolutionized his profession.

Cofer, who specializes in treating patients with sports injuries, has implemented many of the advances into his practice, Cofer

Chiropractic Clinic at 1260 B Iron Horse Drive. A tour of his office includes detailed descriptions of the technologies he has adopted. For him, it's about doing all he can to ensure patients have the best shot at quickly regaining their health.

"The best word is exciting," Cofer said of how technology has transformed his career. "Chiropractic itself is 90 percent effective on most of your normal musculoskeletal problems. But when you get into worse things, like a ruptured disk or to where things aren't working and doctors want to do surgery, to be able to say, 'I have this option for you,' is incredible."

The machine Cofer said has been perhaps the most revolutionary is called a spinal decompression system. The machine reduces pain on patients' nerves and in many cases is able to heal herniated or degenerated disks, allowing patients to avoid surgery.

"A lot of times this is the sort of thing where a patient has tried other types of therapy and the doctors are saying, 'Your disk is shot and we're going to need to go in and do surgery,'" Cofer said. "But they're scared to death of surgery – maybe a family relative or someone had a failed surgery, and once that happens you're kind of messed up for life. Now many of them can be healed without surgery."

Other technologies that have changed Cofer's job include cold laser therapy, which can heal tendonitis and speed up healing of other injuries such as broken bones, and an "ATM" machine that helps patients overcome pain through muscle memory. For example, Cofer has had patients who could barely bend at the waist touch the ground after using the machine.

"It's one of the most amazing things I've ever seen." He said.

Finding new and better ways to treat patients is why Cofer became a chiropractor. Now, many years later, it's why he remains passionate about his job.

It's why I still do it," he said. "I believe we're all here to help serve others. Luckily I do something naturally that helps others greatly. My satisfaction when I go home is huge. I love what I do."

When people ask Cofer when he's going to retire, he said he thinks back to the grandfather of his childhood best friend. He was a chiropractor working out of his home for two or three days a week at the age of 92.

"That's me. That's what I'll be doing, too," Cofer said. "As long as I can get my 100 ski days in – short ones – I'm good to go. I won't retire. I'll be backing off a little, but I won't retire."