



MARK PEREZ

DC,

BACKGROUND

Dr. Perez was born and raised in the high desert of southern California. There he took advantage of riding dirt bikes year-round and snowboarding every winter. In high school he competed in wrestling, baseball, and football. While attending college in the beautiful central coast of California, he spent his free time surfing, hiking, fishing, and CrossFit. Dr. Perez married his wife, Dr. Jen Perez, in August of 2018 just after moving to Colorado with their basset hound, Labrador, and sulcata tortoise.

EDUCATION

After graduating high school in Los Angeles, Dr. Perez moved four hours north to attend California Polytechnic State University of San Luis Obispo—better known as Cal Poly SLO. He immersed himself in his studies with a major in biology with a concentration in anatomy and physiology. After graduating in 2012 he spent two years gaining work experience in pharmaceutical sales. After meeting his now-wife Dr. Jen Perez, he left his position and jumped into a new more holistic approach to health—chiropractic. The two attended Parker University in Dallas, Texas together. During his time at Parker University, Dr. Perez was very involved in techniques that would help fix his own issues and his future patients to come. Dr. Perez graduated from Parker University and became a board-certified Chiropractor licensed in the state of Colorado in 2018.

WHY ARE YOU A SPORTS CHIROPRACTOR?

Growing up as a year-round athlete, Dr. Perez was no stranger to sports injuries. From a young age he constantly seeking advice from health care professional to heal faster and get back in the game. While in chiropractic school, he realized sports chiropractic creates a well-rounded practitioner capable of treating an athlete in an acute injury and getting them back to what they love.

AREAS OF SPECIAL INTEREST

Dr. Perez has a special interest in weekend warriors and athletes of all ages.

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

Dr. Perez loves taking advantage of all the seasons Colorado has to offer. He and his wife can be found in the mountains year-round with their lab and basset hound. He loves spending time with his friends and family while smoking various meats. The Dr. Perez's love to nerd out and attend seminars together and practice new techniques on each other.

CERTIFICATIONS

RockTape Basic and Performance

Fascial Distortion Model

Selective Functional Movement Assessment (SFMA) Level 1 and 2

Dynamic Neuromuscular Stabilization (DNS)

SmartTools IASTM

K-LASER Certified

Webster (Prenatal) Certified