

Helping athletes get back in the game Philip Paskal, owner of Top Speed Sports, helps heal injured athletes through the use of the Hellerwork technique

By JOHN JACKSON,
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“The time has come,” says Philip Paskal. “The future of sports is here now.”



AT A GLANCE

Name: Philip Paskal

Age: 59

Profession: Certified structural integrator,
Owner of Top Speed Sports.

Family: Wife, Adrienne; son, Eddie, 17;
daughter Michele, 17; son Harold, 15.

Quote: “I know it works. I’ve been doing
this for 25 years. I’m no longer road
testing.”

Philip Paskal is a certified structural integrator who specializes in Hellerwork, a technique he has been practicing for 25 years.

John Jackson

That future, he says, is the rapid and efficient healing of injuries through Hellerwork structural integration. Paskal, who operates Top Speed Sports, has had remarkable success quickly healing local athletes using the Hellerwork technique he has been practicing for the past quarter century. Now he wants to take his expertise to the professional level.

He worked with basketball Hall of Famer Rick Barry for a number of years, but thus far has not been able to convince professional teams that his technique is effective.

The many local athletes he has helped overcome injuries in what often appears to be a miraculously short period of time need no convincing.

Just a few of the local athletes he has worked with in the past few years include St. Vincent High quarterback Josh Wheless, Cardinal Newman basketball standout Donald Wedington, soccer standout Mallory Boggs from Petaluma High School and Meagen Boggs from St. Vincent, basketball standout Holly Bacon from Petaluma, Petaluma soccer standouts Alyssa Benjamin and Michael Ranis, and Petaluma track stars Sterling and Devin Lockert. That is only a short sample of a very long list of local athletes he has helped.

He has also worked with many Sonoma State University athletes.

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