



ANDREA TOPPIN

DC, SFMA, FRCMS, WEBSTER
CERTIFIED

BACKGROUND

Dr. Andrea Toppin was born and raised in Clear Lake, IA. She has one younger brother, Joel who will soon be a chiropractor as well. Growing up in a small town and going to a small school, she was multi-sport athlete. She participated in everything under the sun including, basketball, volleyball, dance, band, cross country, and track. Running has always been Andrea's strength since the elementary school track meet days where she would beat everyone including the boys. In junior high, she would place in the top 5 of every cross country meet and win almost all of her races in track. In high school, she was an all-state runner in cross country and track as well as a state champion in the 3000 and 1500 meter run. Andrea then went on to run Division I cross country and track at Iowa State University where she contributed to many Big 12 Cross Country team titles and NCAA championship berths. Her strongest races were the 6k in cross country, the 3k steeplechase, and the 5k in track. During her second year of chiropractic school (during finals week), she qualified for the 2020 US Marathon Olympic Trials, that of which she competed in February 2020 in Atlanta Georgia. Currently, she continues to train and compete as an elite marathoner for a company called Oiselle. Running remains a lifelong passion for her to this day. She uses her own experience to help those competing, as well as those looking to improve their casual running practice.

EDUCATION

After high school, Dr. Andrea attended Iowa State University as a student athlete in cross country and track while graduating with a Bachelor of Science in Kinesiology. After undergrad, Andrea moved to Minneapolis, MN and attended chiropractic school at Northwestern Health Sciences University. She graduated with a Sports Medicine Emphasis in December 2020. Throughout chiropractic school, she was very active in the ACA Sports Council as well as in the ICPA (International Chiropractic Pediatrics Association). She was on the executive board for her school's sports council where she was the Vice President for 2 years. Dr. Andrea currently specializes in sports medicine, women's health, prenatal, postpartum, and pediatrics.

WHY CHIROPRACTIC?

Much of Dr. Andrea's inspiration to become a chiropractor came from her own personal experience as a Division 1 collegiate distance runner at Iowa State. Like a lot of female collegiate athletes, she dealt with disordered eating, internal health issues, and had numerous injuries – one being almost career ending. The chiropractor and physical therapist she saw for her injuries both brought her back to who she is today. The best part was they not only helped to heal her physically, but they healed her emotionally and mentally. They are the very reason she decided to become a Doctor of Chiropractic - to help patients grow to become their ultimate selves.

CERTIFICATIONS

Webster Certified (Prenatal)

Sports Medicine Emphasis

ICPA – International Chiropractic Pediatric Association, CACCP Board eligible

FRCms – Functional Range Conditioning Movement Specialist

SFMA Level 1 Certified

Graston Technique Certified

Biomechanical Taping Certified – Dynamic Tape

WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

This won't come as a surprise, but you can find Dr. Andrea on the roads during her free time. She loves exploring running routes around Boulder, and occasionally takes to trail running in the Colorado mountains for some challenging incline training. She mainly trains for US Championship road races, marathons, and will occasionally hop on the track. She also loves spending time with her friends and family as well as hiking in the mountains, skiing, and camping.