



john O'Connor

Currents Magazine talks to John O'Connor

Dr. John O'Connor is a Monmouth County native who currently lives in Jackson with his wife Jessica and their two children Johnny and Dakota. He attended Pace University in New York and earned his doctorate of Chiropractic at Life University in Marietta, Georgia. At 16 he was partially paralyzed and blinded by a virus known as Gillian Barrett Syndrome after a routine vaccination. Through hard work and intense physical rehab, he was able to play basketball again a year later.

Today, it is that same fire that makes him a well-known chiropractor and performance exercise specialist, the owner of Velocity Chiropractic Center and Xcel Sports Performance and director of the Orthopedic Sports Rehab Center in Tinton Falls.

“Looking back, my illness was a black cloud with a gold lining around it. No one understands more than I do the importance of having a healthy body and a positive attitude. I came out of this wanting to help other people to achieve their physical goals. I now have the pleasure of treating and training professional athletes and children and families all over Monmouth County. It's all come full circle.”

O'Connor trains the Monmouth University women's basketball program under head coach Stephanie Gaitley. “When building a winning program, you need to surround yourself with winners. John's experience, work ethic, passion and ability to bring out the best in others is second to none,” says Gaitley.

“As a trainer, I've worked with many of the top professional, college and high school players in the tri-state area,” he said. He currently trains and rehabs Rob Petitti, offensive lineman for the St. Louis Rams. “Dr. O'Connor has been great for me. His dedication and motivation for what he does is out of this world!” said Petitti, who tore his Achilles tendon during spring practice. “Not only is he helping me tremendously to get back to playing football but he is also just a great guy to be around... there's no doubt in my mind I will come back playing football physically and mentally better than ever!”

In addition to training many athletes in the Shore Conference, O'Connor has watched a number of his athletes move on at the collegiate level. These schools include Bentley College, Brown, Fordham, Lehigh, Notre Dame, and Swarthmore, among others. In the community, he is training some of the AAU basketball teams, including the Jersey Shore Warriors and the Jersey Sting.

He has formed a partnership with the Orthopaedic Sports Medicine Group in Dr. Steven Lisser and Dr. Dan Mulholland. “We offer a comprehensive sports rehabilitation center with the full gamut of treatment and training options to injured athletes trying to get back into the game!”

So, what does John do in his spare time? “I spend as much time with my family as I can! We go on bike rides, play basketball in the backyard, naturally” he laughs, “and we hang out. My family is what truly what motivates me to succeed these days. As a parent you realize that that's what you really go to work for. Your kids.”



*Drs O'Connor and Lisser working with
Rob Petitti of the NFL*