

DR. VICTORIA L. TATRO

Naturally, she became a chiropractor.

There were the injuries in junior and senior high. Several practitioners who made lasting impressions. And then the allergies that led to a sharp turn into new career aspirations.

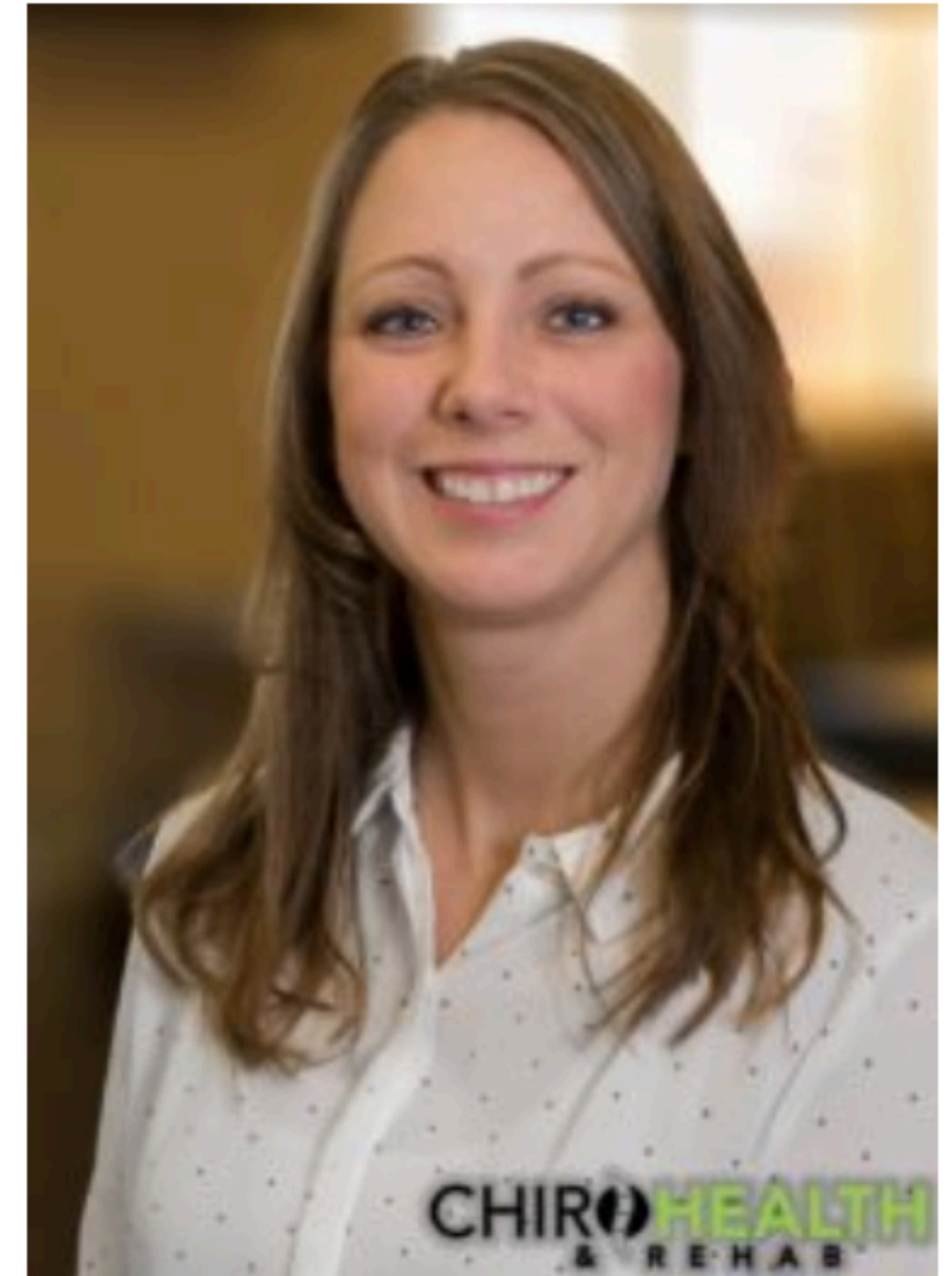
Dr. Victoria Tatro's first exposure to chiropractic came when she was an 8th grader sidelined with a sprained ankle. A family friend who was a chiropractor visited the Tatro home in Milwaukee, adjusted her ankle and made suggestions for care and rehab. Another chiropractor helped with a hip joint issue when she was in basketball, soccer and track in high school.

The "more natural approach to health and healing" was appealing even then, she says.

Senior year of high school brought Briar Cliff University into Victoria's life; the basketball coach was recruiting her as a guard for the hoops squad. Milwaukee to Sioux City is a long haul, so she wanted to make the most of her campus visit. That meant a meeting with the soccer coach, too. The soccer program made the better impression, and in 2002 she set off for Iowa to pursue a pre-veterinary degree and collegiate career as a short-distance sprinter and center or outside midfielder on the soccer pitch.

Even as she consistently hit the back of the net, Victoria was hit by an academic snag. Turned out she was moderately to severely allergic to several different animals.

"So much for a career as a vet," she said. "When I thought about what else I might want to do, those experiences with chiropractic kept coming to mind."



She shadowed a chiropractor who was a friend of her roommate's, and every time she made it back to Milwaukee she followed the chiropractor who treated her in high school.

Victoria left Briar Cliff with a Bachelor of Science in biology and a coaching endorsement, bound for Northwestern Health Sciences University, Bloomington, Minn. She earned her Doctorate of Chiropractic there in 2010.

Dr. Victoria started out with an individual practice in Perham, Minn., then accepted an associateship in Grand Forks, N.D. She worked with athletes, women and children, but her emphasis was family care. That continues today with a commitment to going "the whole-body, natural route" with all her patients.

"It just makes sense that when you know your body better, you can do the right things for your body," she said, "and that means we can work together to get you feeling a lot better."

She pursues the natural high for herself as an avid runner who also plays in a community soccer league. She volunteers with the local chapter of [Holistic Moms Network](#), which connects parents interested in holistic health and green living, and is a mentor for [BIO Girls](#), a program that helps 2nd- through 6th-grade girls build self-confidence and life skills. Last, but certainly not least, she's a nationally certified emergency medical technician.

Most importantly, Dr. Victoria spends as much time as possible with her family, Christopher Lau and their two children, Nicholas and Theodore.

It's been a winding road, to be sure, with lots of goals scored, races won and decisions made. And here she is, a Chiropractor at FM ChiroHealth and Rehab.

Naturally.