



Eric A. Heiden, MD

Tuesday – Booth 501

Orthopedic Surgeon and American Sports Icon

Dr. Eric Heiden is a true American sports Icon. At the 1980 Lake Placid Winter Olympic Games, Eric won Gold medals in all five speed skating events from the 500m –10,000 meter, setting four Olympic records and one world record. He was the first person in Olympic history to win five Gold medals in individual events in the same games. In 1983 Eric was inducted into the Olympic Hall of Fame.

Following his skating career, Dr. Heiden turned to cycling. In 1985 he won the U.S. Cycling Championship and competed with the 7-Eleven pro cycling team in the 1986 Tour de France (the first American team to enter the race).

In 1991, following in the steps of his father, orthopedic surgeon, Jack Heiden, Eric earned his medical degree from Stanford University. From 1991- 2006, Dr. Heiden practiced medicine at UC Davis in California. In addition to performing surgery at UC Davis, he and his good friend and colleague, Dr. Max Testa developed a sports medicine program, which included training and research around cycling and other sports.

In July of 2006, Eric and his wife Dr. Karen Heiden, also an orthopedic surgeon, specializing in hands, and their two children, relocated to Utah. Both Eric and Karen have thriving medical practices at TOSH - The Orthopedic Specialty Hospital in Murray, where they perform surgery and Eric serves as the Sports Medicine Director. Dr. Heiden continues his involvement with U.S. Speed Skating, serving as team physician, and with USA Cycling as team physician and Director of Sports Medicine.