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# Sports



*Chiropractic  
brings out  
the best in me!*

# Sports



***Bodybuilders and fitness people have been using chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured. We are a perfect team – the world of fitness and the world of chiropractors. — Arnold Schwarzenegger***

## • Champions Use Chiropractic

Chiropractic is used by top professional players in sports as diverse as golf, tennis and football. Competitors from ESPN's X Games, volleyball, surfing, rowing, running, cycling, sailing, weightlifting, handball and more are chiropractic care enthusiasts.<sup>1</sup>

In addition to serving athletes at the World Games 2009 in Kaohsiung, Taiwan, for the first time in Olympic history, chiropractic care was fully integrated in caring for athletes at the 2010 Winter Olympics games in Vancouver.<sup>2-3</sup>

Why is chiropractic so popular among athletes? Two reasons:

1. Chiropractic helps improve and enhance athletic performance.
2. Chiropractic helps keep athletes on the field and may prevent minor injuries from becoming major ones.<sup>4</sup>

## • Professional Football & Chiropractic

According to a 2002 article, in US professional football, 77% of National Football League (NFL) trainers referred players to chiropractors and 31% of NFL teams had a chiropractor officially on staff.<sup>5</sup> By 2012, all 32 NFL teams had at least one, if not two, team chiropractors.<sup>6</sup>

The need for chiropractic care to release stress from the spine and nervous system is more important than previously realized. The collisions of football cause head trauma that can result in brain damage. A study commissioned by the NFL of more than 3,500 former players found that former NFL players are more likely to die from neurodegenerative diseases like Alzheimer's and ALS.<sup>7</sup>

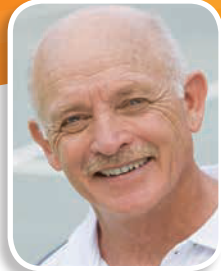


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*As long as I see the chiropractor, I feel like I'm one step ahead of the game.*

—Tom Brady, NE Patriots quarterback



### • Better Reaction Time, Coordination & Strength

Fifty athletes were divided into two groups. One group received chiropractic care

while the control group did not receive care. They were tested for agility, balance, power, speed and hand reaction time. After 12 weeks, the chiropractic group's improvement was 16.7% including a more than 30% improvement in reaction time! "The [chiropractic] athlete reacts faster, coordinates better, executes fine movements with improved accuracy and precision, amounting to an overall better athlete."<sup>8</sup>

University baseball players were divided into a chiropractic and a non-chiropractic group. They were tested for vertical jump, standing broad jump, broad jump, muscle strength, pulse rate, electrocardiogram, blood pressure and treadmill stress testing. The chiropractic group showed significant improvement over the control group.<sup>9</sup>

For many professional and amateur athletes chiropractic has become a key part of their training and recovery program. 75% of the San Francisco 49ers received chiropractic care the day they won the 1990 Super Bowl.<sup>10</sup> At the 2012 London Olympic and Paralympic Games "chiropractic care was one of the core services. A huge team of chiropractors worked as part of a multi-disciplinary team.... In addition many countries sent their own team chiropractors, with the US team alone sending over 100 to treat their athletes."<sup>11</sup>



*Chiropractic is as important to my training as the practice of my swing.* —Tiger Woods

### • Runners & Chiropractic

Sixteen injured female long distance runners were placed under chiropractic care. The runners recovered quickly and seven of them later scored "personal best" performances.<sup>12</sup>

The University of Tennessee's track team won the men's NCAA title after receiving care from team chiropractor Dr. Michael Petty. After an adjustment from Dr. Petty, decathlete Blake Sabo discovered chiropractic's performance enhancement benefits. "He actually had six personal bests out of ten events at the meet," said Dr. Petty.<sup>13</sup>

### • Swimmers

Olympic head coach Richard Quick of the University of Texas says: "Chiropractic is playing a larger and larger role in all forms of athletics ... [it] helps athletic performance." "If you ... want optimum performance, chiropractic helps with that," says Brian Campbell, DC, a chiropractor who counts USC, UCLA and USA swimming athletes as his patients.<sup>14</sup>

### • Team Chiropractor

Let us not forget the millions of people who regularly perform aerobic workouts. Exercise workouts are much more effective when the body is balanced. "Getting in shape" should always include the "shaping" of the structural system by a chiropractor.

You don't have to be an Olympiad, a professional athlete or a "serious" athlete to benefit from chiropractic care. Americans suffer from millions of sports-related injuries each year<sup>15</sup> and everyone with such an injury needs regular chiropractic checkups.

Even kinder, gentler sports can create damage from micro-trauma rather than macro-trauma.

### • What Your Chiropractor Does

Your chiropractor balances your structural system and relieves stress on your muscles, ligaments, tendons and nerves. Sports injuries nearly always jar and misalign your spine and structural system.

### • Severe Trauma

The orthodox medical profession specializes in the management of fractures, torn flesh, ripped tendons, dislocations, blood and fluid loss, and other damage that may need immediate emergency attention. However, most victims of trauma leave the hospital with serious subluxations from their accidents because MDs are not trained to locate and correct this form of damage. That is the realm of chiropractic care.

Explore chiropractic and natural methods first. As superstar Joe Montana stated, "I only wish I had tried chiropractic care a few years ago when I first started having back pain, and maybe this surgery would never have happened."<sup>16</sup>

### • Need A Sports Doctor?

Many doctors of chiropractic get involved with their local little league, neighborhood and school teams. Why not ask your chiropractor if he or she might be interested in providing chiropractic care to your athletes or sponsoring a team?



*Without chiropractic, I wouldn't be able to play consistently throughout the season.* —Johnny Damon, NY Yankees Centerfielder, MLB Allstar