

Powers & Jans Centre

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Ask The
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Chiropractic and Human Performance

Many of us just finishing watching the incredible feats of strength and endurance during the recent Superbowl and Winter Olympics. I would like to shed some light on chiropractic's important role with the athletes who participated in either of these sporting events.

Most people may never have considered using chiropractic to boost performance. Chiropractic is typically thought of as a treatment for headaches, neck and back pain. But experts estimate that 90% of all world-class athletes use chiropractic to prevent injuries and increase performance. 100% of NFL teams rely on doctors of chiropractic for these reasons.

Here are 5 ways athletes (and non-athletes) benefit from chiropractic.

1. Injury Prevention- Undo the punishment the body takes- When the spine exhibits imperfections in movement and/or alignment, increased wear and tear oc-

curs. This structural breakdown also creates abnormal nervous system function. As a result, the chance of injury increases. When athletes are adjusted regularly, they often attribute their success to regular chiropractic care. Lack of injuries = uninterrupted training = winning results.

2. Chiropractic care treats a variety of sports injuries- In general, because spinal adjustments will reduce the irritation of the nerve roots between the vertebrae, the healing time from minor injuries can be shortened, improving performance. Specifically, athletes can get back on the field quicker using chiropractic to treat head, neck, shoulder, ankle, wrist, knee, back and other injuries.

3. Non invasive/drug free treatment- Many studies have shown that chiropractic treatment helps athletes recover from injuries without the need for medications or invasive procedures, like surgery.

4. Performance Enhancement- Due to research proving chiropractic positively affects brain function, many athletes are seeking chiropractic for more than injury alone. New England Patriots quarterback, Tom Brady, finds that chiropractic not only improves his health, but his performance, "Chiropractic just makes you feel so much better. When I walk out of the clinic, I feel like I'm about three inches taller and everything's in place. And as long as I see the chiropractor, I feel like I'm one step ahead of the game."

5. To Decrease Pain- In a recent article reviewing the effectiveness of spinal manipulation, chiropractic adjustments were consistently better than other medical options in reducing the intensity of acute low back pain, while restoring normal function, both for short-term and long-term effects.

We can all look at ourselves as athletes. If you are performing repetitive tasks, whether at home, work, or play, then you will benefit from chiropractic the same way an athlete can: enhanced performance, injury prevention, and a drug-free way to recover from injury. Give us a call to improve the athlete in you.

**Improve
the Athlete
in You**



**Call 529-9069 today for a
FREE CONSULTATION**



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