



Chiropractic Newsletter

Discover Chiropractic

Chiropractic and Athletes

Athletes have been benefiting from Chiropractic care for many years; however, it has only recently been receiving attention from the media. Athletes of all types, from the weekend warrior to the world-class athlete, utilize Chiropractic because it is a drug-free way to better health and performance.

Chiropractic adjustments help ensure that the body functions as efficiently as possible, which can maximize healing and recovery from all types of injuries.

“I would estimate that in excess of 90% of all world-class athletes use Chiropractic care to prevent injuries and to increase their performance potential.” Sean Atkins, PhD, Exercise Physiologist

The science of Chiropractic is founded on the premise that a proper nerve supply is essential to controlling and regulating the functioning of the human body.

The nervous system controls every activity in the body by sending and receiving nerve messages and is

protected by the bones of the spine called vertebrae. When the spine is in its optimal structural position, the nerves are protected and optimal communication exists between the central nervous system and the rest of the body. The vertebra of the spine are susceptible to certain stresses and forces, which can cause them to lose their proper position. These minor misalignments of the spine, which are known as “vertebral subluxations,” cause nerve interference and weaken the entire structure of the



Sarah McKay Photography

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spine. Athletic training can often jar and misalign the spinal column, because the spine is at the center of the body. Impact to the legs, feet, head, shoulders and torso often radiates to the spine.

Doctors of Chiropractic detect and correct vertebral subluxations by physically adjusting the spine. This restores the spine and nervous system to a more optimal level of function, which maximizes the body's performance and healing potential.

Anyone who engages in athletics can benefit from regular Chiropractic checkups to ensure that their spine is balanced and free from structural stress and subluxations. When the spinal column is brought into balance and alignment, the body's nervous system and body biomechanics (movement and posture) are maximized.

Chiropractic's focus on the nervous system and postural biomechanics allows the body to function properly and to heal itself. The healing process always occurs

from within the body, but research has shown that Chiropractic has an amazing potential to assist the body in the recovery process.

“The quality of healing is directly proportional to the functional capability of the nervous system to send and receive nerve messages.” —Journal of Neurological Science

Standard medical procedures may be necessary when an athlete is injured. Traditional medical professionals specialize in the management and care of fractures, dislocations, lacerations and damaged tendons and ligaments. However, many athletes leave the hospital with as much spinal stress (subluxations) as they were suffering from when they entered.

Doctors of Chiropractic focus on the entire structure of the body rather than just the obviously injured part. For this reason, they can often detect and help to prevent an injury that might normally be overlooked or ignored.

—Keith Wassung, PW Issue #07

