

Sports Chiropractic

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Athletes are fine-tuned machines with each part of their biomechanical system working in harmony for optimal function. Even a minor breakdown in just one part of the body could mean the difference between participation or being side-lined, or between victory and defeat. Many athletes, knowingly or unknowingly, have accepted the limitations imposed by the standard approach to orthodox medicine. There are those athletes, however, who have refused to accept only the medical sports medicine approach and have sought treatment from sports chiropractors.

Seventy-five (75) percent of the San Francisco 49ers team, including star quarterback Joe Montana, consulted their chiropractor during the final 24 hours before winning the Super Bowl in 1990. The U.S. National Football League has official team chiropractors in each NFL city. The U.S. Olympic Committee has recognized sports-certified chiropractors on the same basis as MDs since the early 1980's. World-class runners, high-jumpers, track and field participants, decathlon stars, tennis professionals, Olympic gold medalists, professional boxers - the list of elite athletes seeking chiropractic care goes on and on.

A number of factors have been responsible for the dramatic growth of sports chiropractic during recent years. These factors include: the explosion of basic scientific research of sport biomechanics, including the appreciation of the importance of a full range of joint motion, allowing optimal and injury-free performance; also, growing research evidence that skilled manipulation (controlled, adjustive techniques which restore normal movement to an improperly functioning joint) is effective and superior to other manual techniques in restoring joint motion and relieving acute pain; and the acceptance for manipulation and chiropractic in the scientific and health care community, including leaders in the medical and sports medicine fields.

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