

## Sports and Chiropractic Care

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There is probably no activity more closely associated with

the need for chiropractic care than sports. For many years, hundreds of professional athletes have been utilizing the regular services of a chiropractor. In more recent years, professional athletic teams have actually employed team chiropractors to regularly, even daily, check the spines of their players for vertebral subluxations. Many athletes publicly praise the benefits they have received from chiropractic.

### Sports and Subluxations

Physical stresses upon the body are the most easily understood cause of a vertebral sub-luxation. Watching a football game or a hockey game, one has to wonder whether those athletes have any vertebrae in their spine that are not subluxated! The human spine is the shock absorber of the body and can withstand a tremendous amount of stress. On top of that, athletes are usually superbly conditioned enabling their bodies to withstand forces that would put the average person in a hospital. Even with that going for them, they still can and do get subluxated.

If that is the case for professional athletes, what about the

weekend warrior, the guy who plays softball two nights a week, or basketball once every week? Certainly, the person who only gets out on the tennis court on Saturday afternoons in the summer is going to stress his or her body and likely need an adjustment by a chiropractor. In addition to not being in shape, many sports, especially the non-contact ones like bowling and golf, put a tremendous stress on certain parts of the body because of their one-sided, repetitive activity. In addition to the physical stresses, what about the emotional stress of batting in the bottom of the ninth with two outs and the bases loaded or having to sink a 30 foot putt to win a golf tournament? How about the stress we put on our

children to excel in sports?

### Chiropractic and Improved Performance

The potential for injury which would prevent an athlete's participation in sports is most commonly seen as the reason for chiropractic care. The possibility of sports caused subluxations that could interfere with the nerve system and rob the body of its life-energy, perhaps contributing to physical problems later in life, is a real concern and sufficient reason for getting regular chiropractic spinal checks,

whether you are regularly, or just casually involved with sports. But there is another consideration with regard to chiropractic. If subluxation interferes with the nerve system, then it must reduce the ability of the body to work at its fullest potential. If the body is not working at its fullest potential, then an athlete's performance has to suffer. This is the reason that many athletes receive regular adjustments. They want every edge they possibly can have in performing at their highest level. The great Soviet chess master, Gary Kasparov, exercised regularly. He knew that his physical well being was important to his mental sharpness and concentration. In a similar way, a good nerve supply is necessary to maximum eye-hand coordination, maximum concentration, and optimal alertness as well as strength and endurance. Whether you are a 10-year-old playing little league baseball or a 50 year old playing pickup basketball on Tuesday nights, you want to do your best. That cannot happen with vertebral

subluxations. Regular adjustments will enable you to do your best in any and every sport.