

For years athletes and athletic programs have made chiropractic care a regular part of their health care regimen. Barry Bonds, Mark Maguire, Tiger Woods, Kurt Angle, Martina Navratilova and Charles Barkley are just a few of the professional athletes who have used chiropractic care during their careers. The U.S. Olympic Team has used chiropractors since 1980. The Asian and Pan American Games have also used chiropractors in official capacities in recent years.

A recent survey study targeted the head athletic trainers of the 36 National Football League (NFL) teams. This study revealed the following:

... 45% of the trainers themselves had been to a chiropractor.

... 71% of the trainers had worked professionally with a chiropractor.

... 77% of the trainers have referred players to a chiropractor.

... 31% of NFL teams use an official team chiropractor.

... While 31% of the teams have a chiropractor officially on staff, an additional 12% of teams that do not have a chiropractor on staff regularly refer players to chiropractors.

... 100% of the trainers revealed that some players use a chiropractor without being referred by the team doctor.

... 81% of the trainers agree that there is a role for chiropractors in the NFL.

Listen to what these professional athletes have to say about chiropractic:

Joe Montana – All Pro Quarterback for San Francisco 49ers, 4 Superbowl Championships, 3 time Superbowl MVP. “I only wish I had tried Chiropractic a few years ago when I first started having back pain and maybe the surgery would have never happened. Now we know that Chiropractic is not for just backs or necks. It’s about prevention, so your body can function at optimum health. That is why children should also be adjusted.”

Evander Holyfield – Three-time Heavyweight Champion of the World says, “I do believe in Chiropractic. I found that going to my Chiropractor three times a week helps my performance. Once I drove 20 miles to see a Chiropractor before a fight. I have to have my adjustment before I go into the ring.”

Professional athletes are always looking for that extra edge to increase their performance over their competitors. When the difference between the silver and the gold medal is thousandths of a second, they want their body at peak levels of performance. It doesn’t matter if you are an eight year-old soccer player or a seventy-five year-old golfer, chiropractic is the choice to attain that edge naturally and without side effects. Wait! There is one definite side effect to chiropractic care - IMPROVED HEALTH! The correction of spinal misalignments not only improves athletic performance and decreases injury recovery time, but also and more importantly removes dangerous, health threatening pressure from your nerve system. Considering what most of today’s drugs report as their side effects, it’s no wonder why so many Americans choose chiropractic to get well and stay healthy.