

Chiropractic Gives Athletes a Unique Advantage Over Competition

The human spine consists of 24 moveable vertebrae with padded-like discs positioned in between. The vertebrae attach to each other with ligaments but allow for movements in all direction. Each vertebra comprises part of a kinetic chain with three primary purposes. The first purpose holds a person up straight and forms the foundation for good posture. The second purpose allows for movement and the absorption of compressive forces. The third purpose protects and directs nerve function.

The spinal cord and nerves run through the spinal canal and have tentacle-like extensions in between each vertebra. Proper alignment of the spine allows each spinal nerve to exit the spinal canal with no tension or pressure. Tiny muscles and ligaments loaded with neurons surround the spinal vertebrae and rely on movement to send proper signals to the brain for proper function and control. When a spinal vertebra becomes even slightly misaligned or immobile, the nerve feedback to and from the brain becomes altered. This leads to a host of problems, minimizing the ability for a person to reach maximum health potential and movement. Chiropractors



assess and test the spine for any such misalignment or movement deficits and apply specific adjustment techniques to correct them. Improved function and mobility occur as a result.

People coping with stress, misalignment, or lack of mobility in the spine will benefit from better function through chiropractic adjustments. Athletes represent a unique population that benefits from the unique advantages offered by chiropractic care. Simple research of the world's elite athletes reflects a training staff consisting of a variety of specialists, including a chiropractor. Word continues to spread as testimony of this cutting-edge approach to better performance.

One of many specific examples comes from research completed in 2015 that showed athletes adjusted by Chiropractors experiencing an increase in their vertical jump height. Athletes exhibited an average increase in vertical jump height of 3.6 centimeters for following a series of alignment adjustments to the pelvis.

Chiropractic adjustments provide a unique edge and advantage both elite athletes and regular folks competing at life each and every day. Chiropractors assess and correct stress and misalignments in the spine through specific and gentle adjustments. Chiropractic certainly provides relief from pain and discomfort, yet the best approach to health care begins with being proactive. Allow chiropractic to help prevent injuries and maximize performance before the onset of pain or physical symptoms that call attention to damage within the body. The chiropractic advantage offers optimal performance and potential by ensuring each person experiences maximized function from the inside out.