

SPORTS PERFORMANCE



What do Wayne Gretzky, Michael Jordan, Lance Armstong, Joe Montana, Donovan Bailey, John McEnroe and millions of other professional and amateur athletes have in common? They all utilize chiropractic care as a way of maximizing their performance, and many attribute their success to chiropractic.

Dan O'Brien, three time Olympic decathlon gold medalist, is considered the greatest athlete in the world. In his own words, "If it were not for chiropractic, I would not have won the Gold Medal". Arnold Schwarzenegger states: "Bodybuilders and fitness people have been using chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured... chiropractic doctors are really miracle workers." Tiger Woods is also a big fan: "I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing." WOW! Utah Jazz, the NBA team with the oldest players, is also the most injury-free team of the league. Their secret? They have their own team chiropractor. A full 77% of NFL trainers refer players to chiropractors, and 31% of NFL teams have a chiropractor on staff.

Research has also been done on the effects of chiropractic on athletic ability. A study measuring agility, balance, power and reaction time showed up to 30% improvement in these areas. Another study showed a positive correlation between chiropractic and athletic performance in vertical jump, broad jump, muscle strength and more. In addition to the above improvements, the chiropractic group showed significant improvement in blood supply and oxygenation of tissues. Impressive, don't you think? For references and more check: <http://www.icpa4kids.org/research/chiropractic/sports.htm>.

So what does this all mean for you, the amateur and weekend athletes, and your children? It just means that by seeing your chiropractor and getting your nervous system working its best, you can be your best at any activity you decide to enjoy, whether it's golf, soccer, baseball, football or any other sport. The pros do it, why don't you? With all these summer activities coming, get started today.

BE YOUR BEST. GET ADJUSTED.

Watch for our column in two weeks in which we are going to talk about *infertility*.

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Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.