

■ Chiropractic use high with European soccer teams

A short report from *Acupuncture in Medicine* [1999:17(1)] finds that chiropractic has the highest usage of all the wellness disciplines by European football (soccer) clubs.

Responding to a questionnaire, the team doctors of 20 premier league football clubs reported that 61.5% of them used chiropractic in the care of their players.

If you or your children are involved in contact sports such as soccer or football, the need for chiropractic care increases tremendously. Exposure to the physical stresses from such sports increases the opportunities for your spine to experience subluxations, the misalignments of the vertebra that interfere not only with athletic performance but with total health and body function as well. ▲



Chiropractic Improves Sports Performance

A couple of studies have shown that chiropractic care improves sports performance. The first study was highlighted in *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation* [1991; 6:84-87].

Fifty athletes were divided into two groups, one receiving chiropractic care and the other serving as a control group. The athletes were then tested in 11 different areas such as agility, balance, perception of body movement, power, and reaction time that measured their athletic abilities.

After six weeks, the control group only measured minor changes in 8 of the 11 tests while the group under chiropractic care improved significantly in all 11.

In a test of hand reaction time, the control group improved less than 1% after six weeks while the chiropractic group improved 18%. At 12 weeks, the chiropractic group improved more than 30%.

The second study was reported in the *Journal of Vertebral Subluxation Research* [Vol. 1 No. 4. 1997]. Before the test, 20 college baseball players were tested on their athletic abilities such as the vertical jump, standing broad jump, muscle strength and physiological tests such as electrocardiogram, blood pressure, pulse rate and treadmill stress testing.

After being divided into two groups, one receiving chiropractic care and the other not, the two groups were retested at six weeks and again at fourteen weeks. The chiropractic group showed significant improvement over the control group.

Perhaps most importantly, the chiropractic group showed significant improvement in capillary count which helps improve the flow of blood and oxygen to muscles under exercise load. ▲

Chiropractic Improves Athletic Performance Of Bicyclists

The magazine Vector [1999;2(4)] highlights a study that found bicyclists were able to improve their performance after undergoing a short program of chiropractic care.

The study involved six subjects, 4 male and 2 female. Three of the males and both females were competitive, trained racers.

They were initially tested to establish their base line performance score on a CompuTrainer, a stationary, computerized trainer which allows the rider's own bike to be attached. A computer allows different loads to be applied to the rear wheel. The computer also measures the amount of force being applied to the pedals to help determine whether the rider is pedaling "round" (evenly) throughout the entire revolution. It is also able to measure the difference in the amount of force applied between the right and left leg.

After the riders were examined and adjusted by a chiropractor, they were retested on the CompuTrainer 1-2 weeks later. The trainer settings and testing protocol were identical to the initial test.

Five of the riders reported a lower perceived effort of how hard they were working at the same work load during the retest. Five of the riders also experienced improvement in biomechanical efficiency, pedaling "rounder" as measured by the computer on the trainer. This indicates that a rider can ride longer before fatiguing since the legs are working the pedals more like a motor rather than a piston.

Commentary: Chiropractic care improves all aspects of body performance, physical, mental or athletic, by correcting vertebral subluxations which interfere with nervous system and body function.

Chiropractic serving more professional sports teams

A study in the March/April 2002 issue of the *Journal of Manipulative and Physiological Therapeutics* finds that more and more professional sports teams are utilizing chiropractic care for their team members.

For years athletes and athletic programs have made chiropractic care a regular part of their health care regimen. Joe Montana, Martina Navratilova and Charles Barkley are just a few of the professional athletes who have used chiropractic care during their careers. Chiropractors have been used by the U.S. Olympic Team since 1980. The Asian and Pan American Games have also used chiropractors in official capacities in recent years.

This survey study targeted the head athletic trainers of the 36 National Football League (NFL) teams. The trainers each had at least 17 years of experience and at least one year of experience as a head trainer.

Questionnaires the trainers answered revealed that:

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

Commentary: The stresses from all sports activity, not just professional sports, can cause spinal subluxations that need to be corrected by your chiropractor. It doesn't matter if you are an eight year-old soccer player or a fifty-five year-old golfer. If you expose your body to more opportunity to develop spinal problems, whether from work, stress or play, you need to expose your body to more opportunity to be checked for subluxation and adjusted by your chiropractor.