

Improving Athletic Performance

Playing sports can bring children, young adults, and adults numerous benefits. It's a source of physical exercise and can teach various life lessons such as teamwork, patience, and the importance of hard work. While sports can bring these benefits, it can also put athletes at risk of injuries and stress on the body, both minor and significant in scale. Repeated injuries and stress to the body, without proper healing, can take a toll on the body over time, so it's important to make sure that the body has its' best chance for healing possible.

With neurologically-based chiropractic care, the body is given the best chance for optimal function – which includes the ability to heal and perform properly! A study of a 21-year-old male collegiate student-athlete under chiropractic care was recently published. He reported low back pain for four months after a basketball game where he jumped and twisted his body during a play. The pain was exacerbated during games when he tried to jump off of his left foot, dunk, or shoot the ball. On a numerical scale, he rated his pain a 6 out of 10.

The patient was managed under chiropractic care where he was analyzed for subluxation (interference of the nervous system). Subluxation was found in the Cervical, Thoracic, Ilium, and Sacrum regions. With continued chiropractic care, the patient reported a decrease in pain down to a 1 out of 10 numerically while playing and he could squat with added weight of 60+ pounds. The patient also reported an increase in confidence levels while playing and demonstrated an increase in his playing statistics compared to his statistics before care. His pain had been reduced, and he increased his performance!

The body is built with everything it needs to function, but sometimes a little care can go a long way. When we invest in our health, we invest in ourselves and provide us with the high quality of life we deserve to have. Nobody should suffer in pain! The human body can do incredible things when we allow ourselves the freedom to function!



While it may be easier to focus on how we feel, the real benefit from chiropractic care comes from how much better we function!

Boles, R., DC, Myers, T., DC, & Luo, P. G., MD, PhD. (2018). Chiropractic Care for a Student Athlete Playing Collegiate Sports. J. Philosophy, Principles & Practice of Chiropractic, 2018.



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(228) 533-2733