

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.

Our purpose is to educate and adjust families toward optimal health

with natural chiropractic care.