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ATHLETES IN MANY SPORTING VENUES FIND CHIROPRACTIC ENHANCES PERFORMANCE

As more and more athletes are realizing the benefits of Chiropractic in heightening their levels of performance, more and more chiropractors are getting involved with athletes in a variety of sporting activities.

Certainly the biggest athletic stage that involved chiropractors in 2008 was the Olympic Games recently completed in Beijing. Four U.S. based chiropractors played a major role in the 62-person health and fitness contingent that helped the US achieve the most Olympic medals of any country competing in the games.

Chiropractic care is particularly important to athletes on the world stage where fractions of a second determine the difference between a place on the medal stand and going home empty-handed. Also vital is the Chiropractic approach to drug-free care in a world where every Olympic athlete is subject to drug testing. "Chiropractic takes a non-invasive, drug-free approach to healthcare, a position that is now highly regarded among Olympic athletes and their trainers," said Ted Forcum, DC, of Tigard, Oregon. "Chiropractic care is particularly valuable for pain management and offers athletes highly effective solutions for achieving optimal performance without the use of prescription drugs." Chiropractors Amor Adams of Oakland, Ernie Ferrel of Santa Barbara, and Michael Reed of Colorado Springs made up the Olympic Chiropractic team.

At another venue, a group of chiropractors have been involved in helping a highly competitive team of disabled veterans compete to the maximum level in such grueling events as triathlons, marathons and 10K runs. Team Semper Fi, a triathlon team made up of disabled war veterans, recently completed in the Escape from Alcatraz Triathlon Series where they performed alongside able-bodied athletes. The events included swimming from Alcatraz Island to the city of San Francisco, biking 18 miles and finishing off with an 8 mile run.

One brave competitor, Eric Frazier, whose spine was paralyzed in combat and now propels his bicycle with his hands and arms said, "After any race, my upper body is in pain because I do it all with my hands and arms. Following Chiropractic care, I find that I perform better." Another athlete, Dan Lasko, who lost his left leg below his knee in Afghanistan. said, "When it comes to triathlons, Chiropractic has helped out tremendously. I see my chiropractor before the event and a few days later. It just makes me a better athlete overall."

Bill Morgan, DC, is the staff chiropractor for the National Naval Medical Center in Bethesda, Maryland, and is also the leader in providing care to the veteran's group of athletes. "I salute the brave fighters who have overcome so much to compete in these athletic events," said Dr. Morgan. "I can think of no greater honor than to provide care for those injured while in the service of their country."

Sources: The World Chiropractic Alliance. "Chiropractors Play Important Role in Olympics." September 2008.

<http://www.worldchiropracticalliance.org/tcj/2008/sep/j.htm> and The Foundation for Chiropractic Progress. Press Release. "Chiropractic Care Helping Heroes Realize Their Potential in Triathlon Series." September 2008. <http://biz.yahoo.com/bw/080904/20080904005998.html?v=1>