Sports Chiropractic: A Winning Solution for Athletes

Competing as an athlete is tougher than ever. Against mounting competition, even minor improvements in performance can make a huge difference on the field. That’s why athletes are increasingly turning to chiropractors specializing in sports care to help them train more effectively, prevent injuries and reduce recovery times.

90%

Of all world-class athletes use chiropractic care to prevent injuries and boost their performance.

6.12%

Increase in athletic performance after receiving spinal adjustments.

30%

Increase in eye-hand coordination after 12 weeks of chiropractic care.

100%

Of trainers report that some players seek chiropractic services on their own, without a referral.

Chiropractic Care in Sporting Events

At the 2012 Summer Olympics:

A chiropractor served as medical director for Team USA’s multi-disciplinary medical team.

Nearly 30 certified chiropractic sports physicians served on the team.

An additional 40 chiropractors were onsite to treat Team U.S.A. and others from around the world.

Sports chiropractors have helped Team U.S.A. win more than 750 medals since 1980, including 314 Gold Medals.

Other athletic events that utilize chiropractors:

- Pan Am Games
- CrossFit Games
- National Sports Festivals
- New York and Boston Marathons
- IRONMAN Triathlon
Sports Chiropractic in High School & College

**Sports Chiropractic in High School & College**

More than 30 million U.S. children participate in organized sports.

Each year high school athletes suffer 2 million injuries:
- 500,000 doctor visits
- 30,000 hospitalizations

IN 2006

39% of NCAA college athletes received chiropractic treatment.

Most major college athletic departments have a chiropractor on staff.

**CHIROPRACTORS IN PRO SPORTS**

NFL Teams with a Chiropractor on Staff:

<table>
<thead>
<tr>
<th>Year</th>
<th>Chiropractors</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>31%</td>
</tr>
<tr>
<td>2012</td>
<td>100%</td>
</tr>
</tbody>
</table>

72% of PGA golfers on tour receive chiropractic care.

93% of MLB teams have a chiropractor on staff.

The majority of NBA and NHL teams also retain a chiropractor.

Sports Chiropractic in High School & College
CHIROPRACTIC CARE IN SPORTING EVENTS

Why athletes are increasingly turning to chiropractors specializing in sports care to help them train more effectively, prevent injuries and reduce recovery times. Competing as an athlete is tougher than ever. Against mounting competition, even minor improvements in performance can make a huge difference on the field. That's why athletes are increasingly turning to chiropractors specializing in sports care to help them train more effectively, prevent injuries and reduce recovery times.

A WINNING SOLUTION

SPORTS

CHIROPRACTIC CARE IN PRO SPORTS

Many renowned sports chiropractors attended Palmer College of Chiropractic—including 25% of NFL teams on staff. Here are a few of the college's high-profile alumni:

MICHAEL MILLER, D.C.
In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

JOSH AXE, D.C.
Dr. Axe founded one of the world's largest natural healthcare websites. He cared for professional swimmers, including Ryan Lochte and Peter Vanderkaay at the 2012 Olympics. He also treated Olympic Skeleton icon, Kaillie Humphries during a stellar six-year World Cup career in the sport of skeleton.

RICHARD ROBINSON, D.C.
Dr. Robinson has provided chiropractic care for Team Canada (San Jose campus grad): 16,320 - 27,200 athletes. He served as a sports physician at the 2014 Olympic Games in Sochi in speed skaters in four different Olympiads.

CHIROPRACTORS IN PRO SPORTS

A CHILLES TENDONITIS

Sports hernia

Hamstring strains

Quadriceps strains

Ankle sprain

Shin splints

MCL sprain

Low back pain

Whiplash

Neck pain

COMMON SPORTS INJURIES TREATED BY CHIROPRACTORS

Increase in athletic performance after receiving chiropractic care. Increase in eye-hand coordination after 12 weeks of chiropractic care and treatment.

Regular chiropractic adjustments help football players maintain or increase their strength. Regular chiropractic care helps baseball players reduce symptoms and were able to maintain or increase their strength.

During the course of a football season, chiropractors give up to 90% of athletic trainers have referred athletes to see chiropractors.

WHIPLASH

NECK PAIN

RANGE OF MOTION,
SPEED, FLEXIBILITY,
STRENGTH.

Basketball players boost their performance.

Soccer players were onsite to treat nearly 30% of all world-class athletes of the 2012 Summer Olympics.

An additional 40 arthritis sports physicians served on the team.

Summer Olympics:

At the 2012 Olympic Games, 90% of athletes were onsite to treat chiropractors. An additional 40 arthritis sports physicians served on the team.

Winter Games:

In 2002, during the Winter Olympic Games in Salt Lake City, 100% of athletes were treated by a chiropractor. Nearly 30 of the 30 athletes were treated.

Sports chiropractors utilize chiropractors in pro sports:

NFL TEAMS

National Football League

Hockey, basketball, tennis, golf, baseball, football, running, martial arts.

CrossFit Games

Ironman Triathlon

New York and Boston Marathons

OTHER ATHLETIC EVENTS THAT UTILIZE CHIROPRACTORS:

More than 30 million athletes across all organized sports.

Regular chiropractic care can help golfers improve their swing to prevent injury.

Chiropractic care helps baseball players reduce symptoms and were able to maintain or increase their strength.

Nearly 30 NFL teams have a chiropractor on staff. Here are a few of the college's high-profile alumni:

Which sports benefit the most from chiropractic care?

PGA golfers on tour receive adjustments to pro players. 72% of PGA golfers on tour receive chiropractic care.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, including 314 Gold medals.

In 1983, Dr. Miller became the first on-staff chiropractor for the New England Patriots now for 26 seasons. He's helped the team win more than 750 medals since 1980, includin
### Which Sports Benefit from Chiropractic Care?

#### Running
- In one study, 100% of runners with joint problems reported reduced symptoms and were able to maintain or increase their training mileage after receiving chiropractic care.

#### Martial Arts
- National-level judo athletes developed a 16% stronger grip after just three chiropractic sessions.

#### Football
- During the course of a football season, chiropractors give up to 16,320 - 27,200 adjustments to pro players.

#### Baseball
- Regular chiropractic adjustments help baseball players significantly improve their long jump distance and increase muscle strength.

#### Basketball
- Regular chiropractic care helps basketball players boost their speed, flexibility, range of motion, balance and strength.

#### Hockey
- Chiropractic care reduces painful symptoms of recurrent shoulder instability due to hockey injuries. 80% of hockey related injuries can be managed with four or less treatments.

#### Golf
- 90% of golf injuries involve the neck or back. Chiropractors can help golfers correct postural imbalances in their swing to prevent injury.

#### Tennis
- For the 50% of tennis players who get tennis elbow, chiropractic joint manipulations help ease discomfort.

#### Soccer
- Soccer players found relief from chronic groin pain after only eight weeks of chiropractic care and rehabilitation exercises.

---

**Both High-Impact and Low-Impact Athletes Can Benefit from Regular Chiropractic Treatments**
SPORTS CHIROPRACTIC IN HIGH SCHOOL & COLLEGE

CHIROPRACTIC CARE IN SPORTING EVENTS

help them train more effectively, prevent injuries and reduce recovery times. why athletes are increasingly turning to chiropractors specializing in sports care to

FOR ATHLETES

SPORTS

spinal adjustments.

Increase in athletic performance after receiving

their performance.

use chiropractic care

of all world-class athletes

departments have

college athletic

neural.

Most major

AT THE 2012

Team U.S.A. and others from

were onsite to treat

AN ADDITIONAL 40

served on the team.

38

sports physicians

certified

chiropractic

NEARLY 30

around the world.

SPORTS HERNIA

Which sports benefit

FROM CHIROPRACTIC CARE?

WHICH SPORTS BENEFIT

WHIPLASH

NECK PAIN

In one study,

of PGA golfers on

chiropractic

common sports injuries

of runners

found relief

in their

postural imbalances

can help golfers

swing to prevent injury.

EIGHT WEEKS

after only

Soccer players

develop a

stronger grip

in their

long jump distance

significantly improve their

help baseball players

AND INCREASE MUSCLE

AND INCREASE STRENGTH.

BALANCE AND RANGE OF MOTION,

basketball players boost their

Regular chiropractic care helps

gain strength, reduce

Winter Olympic Games

in organized sports.

U.S. children participate

More than

80%

of hockey related

Due to hockey injuries.

reduces

chronic pain

in their

hips.

Injuries among baseball players

are common.

Ankle sprain

of runners

found relief

in preparedness

40%

of tennis

injuries involved

Regelmärken

FROM CHIROPRACTIC CARE?

SPORTS BENEFIT

WHICH SPORTS BENEFIT

WHIPLASH

NECK PAIN

In one study,

of PGA golfers on

chiropractic

common sports injuries

of runners

found relief

in their

postural imbalances

can help golfers

swing to prevent injury.

EIGHT WEEKS

after only

Soccer players

develop a

stronger grip

in their

long jump distance

significantly improve their

help baseball players

AND INCREASE MUSCLE

AND INCREASE STRENGTH.

BALANCE AND RANGE OF MOTION,

basketball players boost their

Regular chiropractic care helps

gain strength, reduce

Winter Olympic Games

in organized sports.

U.S. children participate

More than

80%

of hockey related

Due to hockey injuries.

reduces

chronic pain

in their

hips.

Injuries among baseball players

are common.

Ankle sprain

of runners

found relief

in preparedness

40%

of tennis

injuries involved

Regelmärken

FROM CHIROPRACTIC CARE?

SPORTS BENEFIT

WHICH SPORTS BENEFIT

WHIPLASH

NECK PAIN

In one study,

of PGA golfers on

chiropractic

common sports injuries

of runners

found relief

in their

postural imbalances

can help golfers

swing to prevent injury.

EIGHT WEEKS

after only

Soccer players

develop a

stronger grip

in their

long jump distance

significantly improve their

help baseball players

AND INCREASE MUSCLE

AND INCREASE STRENGTH.

BALANCE AND RANGE OF MOTION,

basketball players boost their

Regular chiropractic care helps

gain strength, reduce

Winter Olympic Games

in organized sports.

U.S. children participate

More than

80%

of hockey related

Due to hockey injuries.

reduces

chronic pain

in their

hips.

Injuries among baseball players

are common.

Ankle sprain

of runners

found relief

in preparedness

40%

of tennis

injuries involved

Regelmärken

FROM CHIROPRACTIC CARE?

SPORTS BENEFIT

WHICH SPORTS BENEFIT

WHIPLASH

NECK PAIN

In one study,

of PGA golfers on

chiropractic

common sports injuries

of runners

found relief

in their

postural imbalances

can help golfers

swing to prevent injury.

EIGHT WEEKS

after only

Soccer players

develop a

stronger grip

in their

long jump distance

significantly improve their

help baseball players

AND INCREASE MUSCLE

AND INCREASE STRENGTH.

BALANCE AND RANGE OF MOTION,