

Should a professional athlete see a Chiropractor regularly?

The performance of a professional athlete is typically best when brain/nerve and muscle networking are in sync. These athletes are more sensitized to abnormalities within their systems because their demands are so precise and repetitive. Chiropractic on a regular basis enhances this triad by promoting improved biomechanics (joint movements) and nerve flow. The difficulty often lies with the athlete because they are afraid of any change in their dynamics will alter their performance. The concern is real because it does. It improves it, sometimes very subtle and sometimes dramatically. Joints were designed to move. "Chiropractors have a more thorough training ins spinal mechanics and spinal manual therapy than any other health professional".* We ordinary people also receive the same benefits. *New Zealand Commission.