

# Sport is a great way to get fit and stay that way



## But there are still times you'll need a chiropractor.

By their very nature, sports activities can place strains on the body, most avoidable, some not. It's worth remembering that many athletes and sporting professionals incorporate chiropractic care into their regimen, both inside sport and as part of their overall wellness strategies.

Many of them see a sports chiropractor to prevent injuries before they can happen as well as gaining relief from those that have. At the same time they seek to improve their biomechanical and neuromuscular function in order to improve their performance.

Such benefits also apply to ordinary people; many experience sprains, strains and injuries, often through incorrect technique, accidents or simply overdoing it — something especially applicable to those who might exercise irregularly.

In fact, chiropractors are increasingly consulted, not just by the sports-minded but by the broader community. This is reflected by a 14% increase in the number of Australians who visited a chiropractor between 2001 and 2007 alone.<sup>1</sup>

Chiropractic care is increasingly seen as more than just a solution for back and neck pain but as part of gaining overall wellness — by maintaining a health plan that includes suitable exercise and diet. The overall benefits of chiropractic are significant:

*'The process of a spinal adjustment is like rebooting a computer. The signals that these adjustments send to the brain, via the nervous system, reset muscle behaviour patterns. By stimulating the nervous system we can improve the function of the whole body.'*<sup>2,3</sup>

It's a matter of record that chiropractic is extremely safe. Chiropractors are highly qualified health professionals who have completed a 5-year university degree and continue to update their knowledge through further education.

If you suffer from a physical impairment through sport or lifestyle issues or simply want to reach your potential, it's time to discover how much help your chiropractor can offer.

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1. Australian Bureau of Statistics, 2007.

2. <http://www.scoop.co.nz/stories/GE0711/S00116.htm2>.

3. Taylor HH, Murphy B. (2008) Altered sensorimotor integration with cervical spine manipulation. J Manipulative Physiol Ther. 2008 Feb;31(2):115-26.