



# Chiropractic Care and Athletic Performance



**Planning on being active this summer? Stay subluxation free!**

If you're serious about improving your athletic performance, then you need to keep your nervous system regulated and free of interference. A great way to do that is through a chiropractic adjustment. Whether you're a serious athlete or a weekend warrior, here are some ways that chiropractic improves your athletic performance.

## Why Athletes Need Chiropractic Care

**Maximize Joint Mobility:** Chiropractic adjustments help restore and maintain proper joint function. Improved joint mobility leads to better flexibility, agility, and overall physical performance. Imagine moving with ease and grace, executing your sport's techniques flawlessly.

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**Eliminate Pain:** Musculoskeletal pain can be a significant barrier to peak performance. Chiropractic care addresses the root causes of pain, allowing athletes to move pain-free. When pain is no longer a concern, you can focus entirely on pushing your limits and achieving your goals.

**Prevent Injuries:** One of the most compelling reasons for chiropractic care is injury prevention. Regular adjustments can identify and correct biomechanical imbalances and weaknesses before they result in injuries. Stay in the game longer and train consistently without the setback of injuries.

**Optimize Nervous System Function:** An adjustment positively impacts the nervous system by removing interference caused by spinal misalignments. A well-functioning nervous system improves coordination, reaction time, and overall body awareness, giving you the competitive edge you need.

## The Proof is in the Results

A study published in the *Journal of Chiropractic Medicine* highlights the effectiveness of chiropractic care in enhancing athletic performance. Athletes who received chiropractic adjustments showed significant improvements in strength, balance, and reaction time compared to those who did not receive chiropractic care. The study concluded that "chiropractic care enhances athletic performance by addressing underlying musculoskeletal issues and improving neuromuscular function."

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### Reference:

Smith, D. L., & Curtis, D. C. (2017). Chiropractic Care and Athletic Performance. *Journal of Chiropractic Medicine*, 16(4), 239-245.

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