

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%

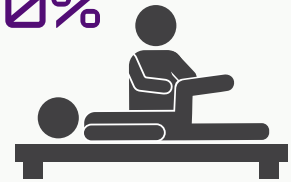


of all world-class athletes use chiropractic care to prevent injuries and boost their performance.



of athletic trainers have referred players to a chiropractor.

100%



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

↑ 6.12%



Increase in athletic performance after receiving spinal adjustments.

↑ 30%



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

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

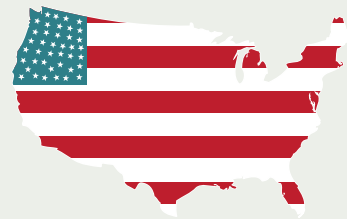
certified **chiropractic** sports physicians served on the team.

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 ▶



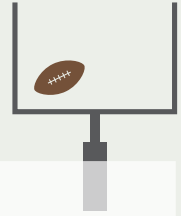
OTHER ATHLETIC EVENTS THAT UTILIZE CHIROPRACTORS:

- ▶ Pan Am Games
- ▶ CrossFit Games
- ▶ National Sports Festivals
- ▶ New York and Boston Marathons
- ▶ IRONMAN Triathlon



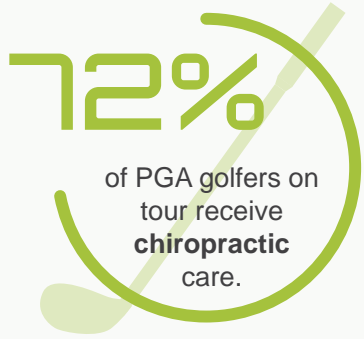
CHIROPRACTORS IN PRO SPORTS

NFL TEAMS WITH A CHIROPRACTOR ON STAFF:

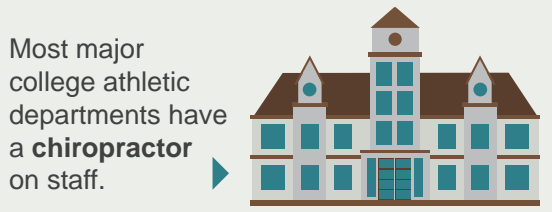
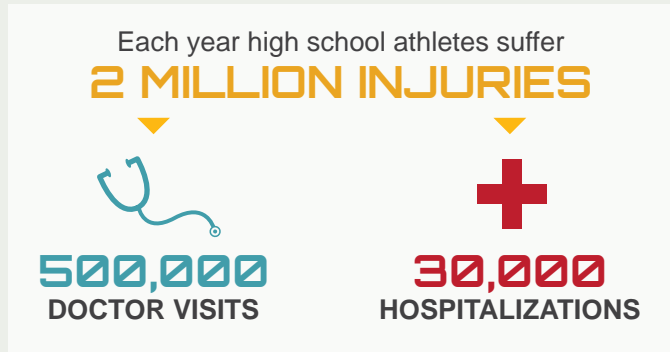


2002 **31%**

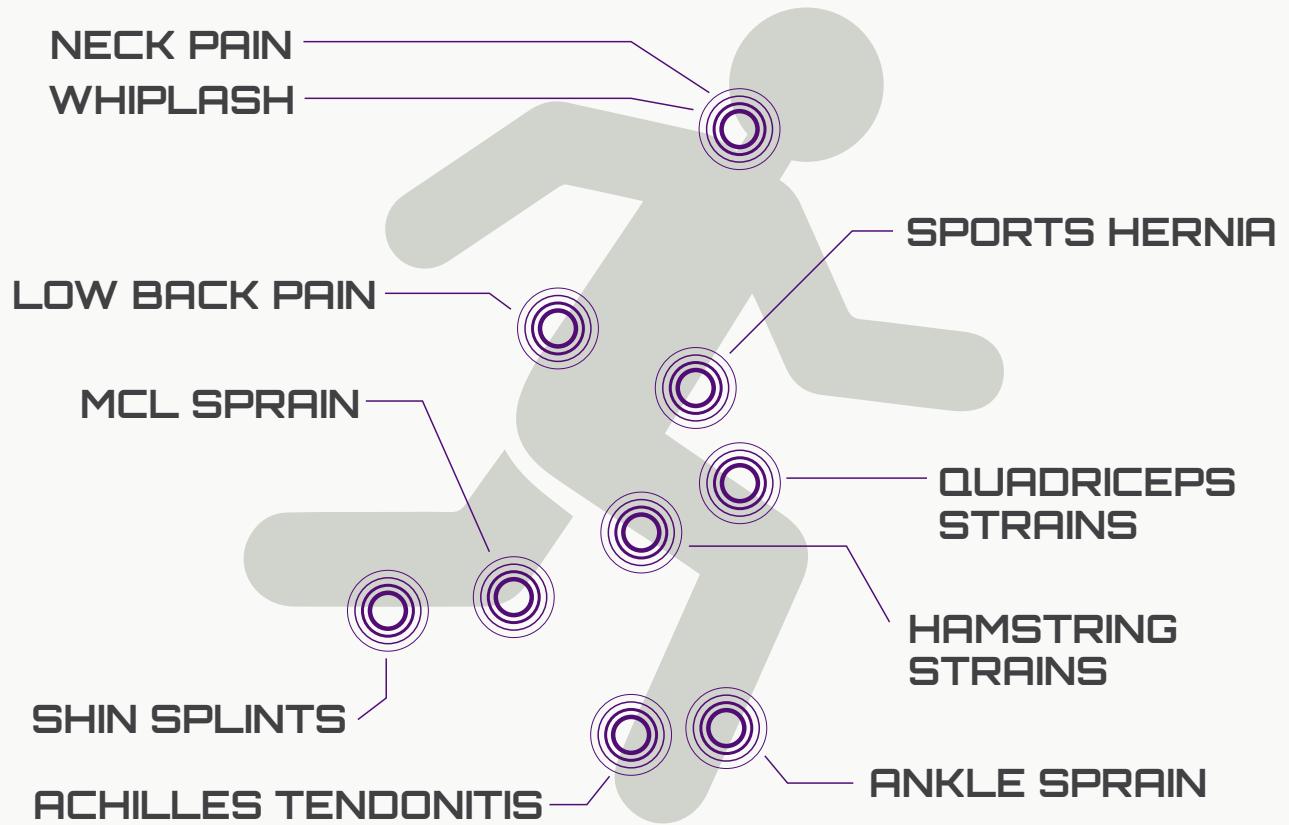
2012 **100%**



SPORTS CHIROPRACTIC IN HIGH SCHOOL & COLLEGE



COMMON SPORTS INJURIES TREATED BY CHIROPRACTORS



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

SPOTLIGHT ON PALMER SPORTS CHIROPRACTORS

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



JOSH AXE, D.C.
(Port Orange campus grad):

Dr. Axe founded one of the world's largest natural healthcare clinics and went on to create one of the top natural health websites. He cared for professional swimmers, including Ryan Lochte and Peter Vanderkaay at the 2012 Olympics.

RICHARD ROBINSON, D.C.
(San Jose campus grad):

Dr. Robinson has provided chiropractic care for Team Canada speed skaters in four different Olympiads, including the 2014 winter games in Sochi.



LINDSAY ALCOCK, D.C.
(San Jose campus grad):

Dr. Alcock represented Canada in two Winter Olympic Games during a stellar six-year World Cup career in the sport of skeleton.

MICHAEL MILLER, D.C.
(Davenport campus grad):

In 1983, Dr. Miller became the first on-staff chiropractor for an NFL team, serving the New England Patriots now for more than 30 years.



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