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How Do Chiropractors Practice Sports Medicine?

Since its inception, chiropractic care has been associated with sports medicine because its drug-free nature made it a natural choice for athletes who were recovering from sports-related injuries. Chiropractic has always provided a safe, non-invasive, non-surgical way for athletes to overcome injury and return as quickly as possible to the game.

But in recent years the role of chiropractic care in the treatment of athletes has expanded considerably, to the point that many Doctors of Chiropractic now specialize in sports medicine. In the US, an advanced certification of CCSP (Certified Chiropractic Sports Physician) is becoming more common, with its practitioners focusing not just on helping their patients overcome strain and injury, but actually helping them to improve their sports performance.

Towards this end, chiropractic care is now used by many amateur and professional sports teams. All 32 NFL teams and almost every NBA team have official team chiropractors. At the Olympic Games, chiropractic is now offered to all participants as a matter of course, and the medical staff for the games now includes 8-10 full time Doctors of Chiropractic.

Why is chiropractic care being used by so many athletes?

For many reasons, not least of which is its natural, non-drug approach to health care. Rather than rely on drugs to overcome injury and manage pain, chiropractors help athletes to recover from injuries naturally, and thus more quickly. But one of the reasons that chiropractic is becoming more common in the world of sports is that the same skills that allow a Doctor of Chiropractic to analyze spinal abnormalities that are causing pain and dysfunction in ordinary patients become even more of value when trying to analyze how such abnormalities can be causing reduced performance in athletes. Chiropractors, for example, are trained to measure a patient's *gait* – the speed, rhythm, and pace at which they walk. If this analysis and subsequent care is useful in helping to improve one's ability to walk more easily, imagine what similar chiropractic care can do for a runner in the Olympics.

There are even specific chiropractic techniques that can be applied to performance improvement. Just as an example, 40% of tennis players suffer from "tennis elbow" at some point in their lives. This condition, when treated by medical doctors, often requires 6 to 48 months to recover from entirely. But when treated by chiropractors, recovery time is often measured in a number of weeks. In addition, the chiropractors have the training necessary to analyze the player's swing and figure out what *caused* the tennis elbow in the first place, and

thus help them to avoid a recurrence. Similar performance benefits have been claimed for a technique called the *Kinesio Taping Method*, which is used by some chiropractors to give physical support to muscles as they flex, and thus allow the muscles to work more efficiently.

So if you are an athlete – whether a professional or a "weekend warrior" -- there are many ways that your chiropractor might be able to help you to get healthier after an injury, avoid injury in the future, and even improve your performance. Ask your own chiropractor if he is certified in sports medicine or, if not, whether he has a colleague who is.

META Title: Chiropractic care is now becoming mainstream in the world of sports – not just to overcome injury, but to improve performance

Keywords: sports medicine, overcoming injury, recovering from sports injury, improving sports performance

Description: More and more Doctors of Chiropractic are gaining certification in sports medicine, because the same principles that make chiropractic so effective for ordinary patients are even more beneficial when dealing with athletes.