

## Can Athletes Benefit from Chiropractic Care?

Athletes have been benefiting from Chiropractic care for many years. Utilizing Chiropractic allows for a drug-free way to better health and performance.

“I would estimate that in excess of 90% of all world-class athletes use Chiropractic care to prevent injuries and to increase their performance potential.” Sean Atkins, PhD, Exercise Physiologist.

Anyone who exercises or participates in athletics can benefit from regular Chiropractic checkups to make sure their spine is balanced and free from structural stress and subluxations.

“Postural strength and coordination are essential for injury prevention and sports performance.” Thomas Harris, MD, The Sports Medicine Guide

Doctors of Chiropractic focus on the nervous system and postural biomechanics, both of which allow the body to function properly and to heal itself. A correct biomechanical structure allows athletes to reach and maintain their optimal level of performance – safely and naturally. In addition, optimizing the function of the nervous system is important (especially in children) because the nervous system controls growth and development.

As the fall and winter seasons set in and sporting activities are underway, make sure to follow the example set by over 90% of world class athletes! Have your child’s spine checked regularly, both for prevention of injuries and recovery from trauma.

**Information provided by Heather Yost, DC, CACCP and Yost Family Chiropractic.**

[www.YostFamilyChiropractic.com](http://www.YostFamilyChiropractic.com)

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