

RUNNERS AND CHIROPRACTIC CARE

HEALTH ISSUES #10

Running is one of the most common forms of exercise but with extensive exercise comes the risk of injury. Runners of all types, from the casual jogger to an elite athlete, can benefit from Chiropractic care.



A study involving 17 middle distance runners showed that when Chiropractic care was performed on a treatment group, they showed significantly greater hip extension ability after Chiropractic care than did the control group.

Sandell, J. Palmgren, P. Björndahl, L.
Effect of chiropractic treatment on hip extension ability.

A Canadian research team included Chiropractic care in the rehabilitation program of sixteen injured female long distance runners. Not only did these runners recover quickly, but seven of them actually scored a "personal best" performance while under Chiropractic care.

Grimston, SK, Engsberg JR, Shaw L (1990) "Muscular rehabilitation Prescribed in coordination with prior Chiropractic as a treatment for sacroiliac subluxations in females.

"Chiropractic is essential for running. If I could put a percentage value on it, I would say that I compete 8-10% better from regular Chiropractic."

DAN O'BRIEN

Olympic Decathlon Gold Medalist

A landmark research study evaluated the effects that Chiropractic adjustments may have on reaction times. There was a marked improvement for the group that received adjustments over the group that received nothing but rest. The group that received Chiropractic adjustments showed a decrease in reaction time of 97 milliseconds, representing a 14.8% faster reaction time.

Kelly DD, Murphy BA, Backhouse DP, J Manipulative Physiologic Therapeutics 2000.

Olympic Champion Usain Bolt, the fastest man alive, utilizes Chiropractic care not only to perform better but to prevent injury and maximize recovery from his intense training and competing.

"Being a full-time competitor means an increased risk of injury. At this level of competition, we have to make sure to take care of our entire body, and that includes the recovery of it; and so I visit a Chiropractor on a regular basis as part of my training."

JUSTIN GATLIN

100 and 200 Meter Olympic Gold Medalist

