



High Level Athletes of All Ages Embrace Chiropractic Care

Four time Olympic silver medalist doctor Terry Schroeder has just returned from the Water Polo World Championships in Rome, Italy. Their fourth place finish was the best finish by the USA Water Polo Team ever in the World championships and they have proven that their silver medal run in Beijing was no fluke. With Dr. Schroeder as their coach and the entire team under chiropractic care they are on target for a gold medal in 2012. High level athletes in nearly every sport have chosen to make chiropractic care a part of their training and a part of their lifestyle.

Dr. Jeff Spencer was the team chiropractor for the USA Cycling Team that won 7 Tour de France victories. Dr. Greg Kempf from Cleveland, Ohio has been providing chiropractic care for the Cleveland Browns since 1999 and the Cavaliers for the past five seasons. On game day it is not uncommon for Dr. Kempf to adjust 35 of the 55 members of the team prior to the game including their highest profile players.

The trend toward chiropractic care caught on widely at the Olympics. Athletes are more and more aware of the edge others were receiving and they flock to the care so as not to lose out on any natural advantage. Today a chiropractor is in charge of the medical unit.

The trickle down to youth sports programs is very exciting as more and more high level athletes of all ages are embracing chiropractic care. Ambush Elite Youth Soccer Team, a Georgia affiliate of West Ham United of the English Premier League whose under 17 soccer team

is currently ranked 8th in the nation, receives chiropractic care before every game. At one time they were ranked second. Their coach, David Eristavi, one of the premier your soccer coaches in the country, believes that all young athletes should have chiropractic care as a part of their training.

Youth sports programs around the country are making chiropractic care available to all of their athletes. It's not just the guys, it's the women as well. Kerry Walsh, the two time Olympic gold medalist in volleyball, told me in a recent interview for The 100 Year Lifestyle Workout book that the balance of these three elements of the ESS, Endurance, Strength and Structure, are an important factor in her training and her success. Her workouts on the court are cardiovascular and build her endurance. Off the court she does Pilates, plyometrics, and strength-training that gives her the added punch she needs for an overhead spike. She also takes care of her structure through chiropractic care and other holistic techniques to balance her spine and keep her muscles strong and flexible. Kerri considers the structural element of her fitness routine to be an important factor that separates her from the pack.

Jerry Rice, the spokesperson for the Foundation of Chiropractic Progress Campaign, "I did a lot of things to stay in the game but regular visits to my chiropractor were among the most important."

If you are an athlete who wants the competitive edge, or who is injured and wants to recover quickly, chiropractic care can give you the edge you are seeking.