

Chiropractors give Aussies a sporting chance

The number of Australians using chiropractic care as part of a holistic approach to looking after their health has increased significantly, with reports of a 14% increase in the number of Australians visiting a chiropractor between 2001 and 2007 alone.¹

Chiropractic is increasingly becoming a source of referral and information for a broad range of people with varying health issues and concerns. Rather than thinking of chiropractic care as just a solution for back and neck pain, more and more people are viewing a trip to the chiropractor as part of their pursuit of general wellness, much as they would exercise or maintaining a healthy diet.

So too, many athletes and sporting professionals incorporate chiropractic care into their overall wellness regimen. The Chiropractors' Association of Australia (CAA) is proud of the support it offers to the Australian sporting fraternity. This year alone, the CAA is sponsoring six elite athletes, including Olympian gold-medal winner Matthew Mitcham, who represent sports ranging from snow skiing to triathlons to diving.

CAA's commitment to sport was further reinforced by the formation of Sports Chiropractic Australia over 10 years ago. Sports Chiropractic Australia is comprised of member chiropractors with a special interest in the very specific area of sports chiropractic. Chiropractic sports practitioners are proficient in the diagnosis and treatment of sport related injury. Many of today's athletes utilise a sports chiropractor to prevent injury and to improve biomechanical and neuromuscular function with the ultimate goal of enhancing performance.

“*The process of a spinal adjustment is like rebooting a computer. The signals that these adjustments send to the brain, via the nervous system, reset muscle behaviour patterns. By stimulating the nervous system we can improve the function of the whole body.*”^{2,3}

So if you want to reach your peak potential, discover why ***“there's so much more to chiropractic.”***

1. Australian Bureau of Statistics, 2007

2. <http://www.scoop.co.nz/stories/GE0711/S00116.htm>

3. Taylor HH, Murphy B. (2008) *Altered sensorimotor integration with cervical spine manipulation.* J Manipulative Physiol Ther. 2008 Feb;31(2):115-26.



Ellen Fullerton, champion swimmer & CAA sponsored athlete



Sophie Wood, alpine ski racer & CAA sponsored athlete



Kyle O'Brien, Ironman & CAA sponsored athlete

healthy spine, healthier life