

Why teen athletes get adjusted

By Dr. Eric Plasker

Why do teenage athletes get adjusted and enjoy chiropractic care so much? The same reasons professional athletes like Emmitt Smith of the Dallas Cowboys, John Smoltz of the Atlanta Braves, and Olympic Gold Medallist and World's Greatest Athlete Dan O'Brien enjoy regular chiropractic care.

Chiropractic helps athletes improve their athletic performance, heal quicker from injuries, increase flexibility and stamina, and much more.

1. Improving athletic performance

If you had a racecar would you make sure your front end was aligned properly before a big race?

Of course you would because you know that when your car is aligned properly it will run faster, more efficiently, and with less strain on the cars structure. This is how chiropractic care relates to your body and athletics. And there's more.

To perform at your peak, your body must receive signals from your brain, and your brain must get messages from your body.

Have you ever been on a cell phone when there was static on the line? Interference over your nerve pathways has the same effect. It reduces the communication between your brain and your body and affects your ability to perform at your best.

Chiropractic care removes this interference and keeps it out of your life through specific chiropractic adjustments.

No wonder Dan O'Brien credits chiropractic for helping him win the Olympic Gold Medal.

2. Heal quicker from injuries

People heal quicker from injuries, sickness, and everything else if they have good nerve supply from their brain to their body and back again. This is what chiropractic does!

There are countless personal experiences from people who have limped into chiropractic offices with a sports or athletic injury, and leaped out to participate in their activity the next day.

While not every person who goes to a chiropractor has this kind of experience because it depends on the extent of the injury, many people certainly do.

Why do you think chiropractic has been one of the fastest growing health professions over the last decade? Chiropractic works!

3. Improve flexibility and stamina

One particular study tested 2 groups of athletes in training. The first group trained without receiving chiropractic care. The second group trained and received ongoing chiropractic care as well.

As expected, both groups improved. After 12 weeks however, there was a big difference in their results.

The group that was not under chiropractic care showed a 4.5% improvement while the chiropractic group showed a 16.7% improvement after 12 weeks.

No wonder Evander Holyfield gets regular chiropractic care during his training, before and after his fights.

Travis Jones, a high school soccer player said, "chiropractic keeps me more flexible and agile. It definitely improves my soccer game!"

His sister, Taylor, whose team won their league championship, said, "chiropractic makes a big difference. I wish my whole team was under chiropractic care."

Rebecca Allen, a high school cheerleader, says, "I would not be able to cheer if it wasn't for chiropractic. It has made such an impact on my cheerleading that I'm considering chiropractic as a career!"

If you're involved in sports, don't you think its time you were examined by a chiropractor to see if chiropractic could make a difference for you?

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