



The Adjusted Chiropractic Health Tip of the Day

Healthy Athletes Choose Chiropractic

Why would someone who is an athlete, not be suffering from a sports injury, need chiropractic care? It's simple: to perform at their optimal level of performance. In athletics, microseconds and inches make the difference between success and failure. Athletes are constantly looking for that edge, that little extra something to give them an advantage over their competitors. Some athletes are even willing to risk their life with dangerous drugs to enhance their performance.

Now the greatest athletes in the world are looking to chiropractic for performance enhancement. From Tiger Woods to Dan O'Brien, athletes from every professional sport are discovering chiropractic and there is good reason.



A study by Anthony Lauro D.C. and Brian Mouch, D.C., revealed that an athlete's athletic ability was enhanced with chiropractic care. These were healthy athletes without any musculoskeletal injuries. The goal was not to diagnose disease, but to identify performance robbing subluxations and remove them. The athletes who had subluxations underwent a 12 week program to remove the subluxations. The chiropractic athletes were also compared to a control group that didn't receive care. At the end of 6 and 12 week periods the athletes in the chiropractic group and control group were tested for performance. The data supported that the correction of subluxations enables the body to function and perform at higher levels.

If healthy, non-injured athletes can improve their performance through chiropractic, just think what chiropractic could do for you. If you want to perform at your very best, choose chiropractic care.



774 Plenty Rd
South Morang 3752
Phone: 9436 8581

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