SPORTS CHIROPRACTIC:

A WINNING SOLUTION FOR ATHLETES

Competing as an athlete is tougher than ever. Against mounting competition, even minor improvements in performance can make a huge difference on the field. That's why athletes are increasingly turning to chiropractors specializing in sports care to help them train more effectively, prevent injuries and reduce recovery times.

90% of all world-class athletes use chiropractic care to prevent injuries and boost their performance.

77% of athletic trainers have referred players to a chiropractor.

100% of trainers report that some players seek chiropractic services on their own, without a referral.

6.12% Increase in athletic performance after receiving spinal adjustments.

30% Increase in eye-hand coordination after 12 weeks of chiropractic care.

CHIROPRACTIC CARE IN SPORTING EVENTS

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NFL TEAMS WITH CHIROPRACTORS ON STAFF:

2002	31%
2020	100%

72% of PGA golfers on tour receive chiropractic care.

100% of MLB teams have a **chiropractor** on staff.

The majority of NBA AND NHL TEAMS also retain a **chiropractor**.

CHIROPRACTORS AT THE OLYMPIC GAMES

A chiropractor served as THE Chief Medical Officer for Team USA's multidisciplinary medical team from 2014 – 2018. He also served as Team USA's medical director before that.

ABOUT 30 certified **chiropractic** sports physicians traditionally care for Team USA during the competition.

AN ADDITIONAL 40 **chiropractors** are also onsite to treat Team U.S.A. and others from around the world.

Sports chiropractors have helped Team U.S.A. win more than 750 medals since 1980, including 34 GOLD MEDALS!

OTHER ATHLETIC EVENTS THAT UTILIZE CHIROPRACTORS:

- Pan Am Games
- CrossFit Games
- National Sports Festivals
- New York and Boston Marathons
- IRONMAN Triathlon

SPORTS CHIROPRACTIC IN HIGH SCHOOL & COLLEGE

More than 45 MILLION U.S. children participate in organized sports.

Each year high school athletes suffer 2 MILLION INJURIES

500,000 DOCTOR VISITS

30,000 HOSPITALIZATIONS

Most major college athletic departments have a **chiropractor** on staff.

IN 2006 39% of NCAA college athletes received **chiropractic** treatment.

COMMON SPORTS INJURIES TREATED BY CHIROPRACTORS

- NECK PAIN
- WHIPLASH
- SPORTS HERNIA
- LOW BACK PAIN
- MCL SPRAIN
- QUADRICEPS STRAINS
- HAMSTRING STRAINS
- SHIN SPLINTS
- ACHILLES TENDONITIS
- ANKLE SPRAIN

WHICH SPORTS BENEFIT FROM CHIROPRACTIC CARE?

RUNNING

In one study, 90% of runners reported reduced symptoms and were able to **maintain or increase their training mileage** after receiving chiropractic care.

MARTIAL ARTS

National-level judo athletes developed a 15% **stronger grip** after just three chiropractic sessions.

FOOTBALL

During the course of a football season, chiropractors give up to 16,320 - 27,200 adjustments to pro players.

BASEBALL

Regular chiropractic adjustments help baseball players significantly improve their LONG JUMP DISTANCE AND INCREASE MUSCLE STRENGTH.

BASKETBALL

Regular chiropractic care helps basketball players boost their SPEED, AGILITY, SENSE OF PROPRIOCEPTION, BALANCE AND STRENGTH.

HOCKEY

Chiropractic care reduces **painful symptoms** of recurrent shoulder instability in hockey injuries. 80% of hockey related injuries can be managed with four or less treatments.

GOLF

90% of golf injuries involve the neck or back. Chiropractors can help golfers **correct postural imbalances** in their swing to prevent injury.

TENNIS

For the 50% of tennis players who get tennis elbow, chiropractic joint manipulations **help ease discomfort**.

SOCCER

Soccer players **found relief from chronic groin pain** after only EIGHT WEEKS of chiropractic care and rehabilitation exercises.

BOTH HIGH-IMPACT AND LOW-IMPACT ATHLETES CAN BENEFIT FROM REGULAR CHIROPRACTIC TREATMENTS

SPOTLIGHT ON PALMER SPORTS CHIROPRACTORS

Many renowned sports chiropractors attended Palmer College of Chiropractic—including 25% of chiropractors serving the NFL. Here are a few of the college's high-profile alumni:

JOSH AXE, D.C.
(Port Orange campus grad):
Dr. Axe founded one of the world's largest natural healthcare clinics and went on to create one of the top natural health websites. He cared for professional athletes including Ryan Lochte and Peter Vanderkaay at the 2012 Olympics.

RICHARD ROBINSON, D.C.
(San Jose campus grad):
Dr. Robinson has provided chiropractic care for Team Canada speed skaters in four different Olympiads, including the 2014 winter games in Sochi.

LINDSAY ALCOCK, D.C.
(San Jose campus grad):
Dr. Alcock represented Canada in two Winter Olympic Games during a stellar six-year World Cup career in the sport of skeleton.

MICHAEL MILLER, D.C.
(Davenport campus grad):
In 1983, Dr. Miller became the first on-staff chiropractor for an NFL team, serving the New England Patriots now for more than 30 years.

10 REASONS TO SPECIALIZE IN SPORTS CHIROPRACTIC AT PALMER

1. Learn from leading sports chiropractors
2. Make more money – the 2020 average sports team chiropractor salary in the US falls between $65,000 - $107,000
3. Treat athletes at every level from high school to NCAA teams and Olympic athletes
4. Join a growing field – chiropractic employment is estimated to grow by 12 percent by 2026
5. Get hands-on experience in preventative and rehabilitation related sports injuries
6. Grow your chiropractic network and join a team of global industry leaders
7. Treat your favorite athletes by providing them with natural care without drugs or surgery
8. Travel the world and use what you learn at Palmer globally
9. Stay connected with the latest chiropractic industry news and trends
10. Get to be a part of your favorite sports team

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