

CHIROPRACTOR

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Do professional athletes utilize chiropractic?

ANSWER: Absolutely! Chiropractic is not limited to the best athletes. All athletes can benefit from chiropractic care. Many athletes and their coaches realize the benefit chiropractic has on an athlete's performance. Many athletes get adjusted before they compete; they feel they are not able to perform to the best of their ability without chiropractic. We can all learn how important chiropractic care is from the many professional athletes that utilize it. No matter which sport you follow you will find someone you are a fan of who is being treated by a chiropractor. Chiropractors focus on the joints in your body and they look to see if they are functioning properly without restrictions in range of motion. The restrictions in motion can lead to altered stress on the skeleton and cause injury. When you get adjusted it helps insure the joints in your body are functioning properly so you can perform optimally and prevent injury.



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