

BASKETBALL AND CHIROPRACTIC

HEALTH ISSUES #26

Chiropractic care helps to give a team and athletes a competitive advantage in whatever sport they participate in. Specifically, it helps to enhance endurance levels, assist in the recovery from many structural injuries and achieve overall peak performance.

A recent study showed that athletes receiving Chiropractic spinal adjustments significantly increased their vertical jump height.

Wontae Gong, Ph.D, The influence of pelvic adjustment on vertical jump height in female university students with functional leg length inequality. J Phys Ther Sci. 2015 Jan; 27(1): 251–253

Chiropractic is widely recognized in the athletic arena as professional sports teams understand the importance of retaining a team Chiropractor.

VANCOUVER SUN, April 2016

“Since I’ve been in Chiropractic, I’ve improved by leaps and bounds both mentally and physically.”

MICHAEL JORDAN

“My shooting has improved because of Chiropractic. I feel more balanced and have more coordination and control. Since I have been under Chiropractic care, I have improved by leaps and bounds.”

GERALD WILKINS, New York Knicks

Kobe Bryant relied on not just one, but two Doctors of Chiropractic to maintain his peak performance.

John Stockton played 19 seasons in the NBA and only missed 22 games out of 1,526 regular season games, 18 of those in one season. In 2002 a Toronto sports writer asked John what was the secret to his continued success into his 40’s. John replied, “A good Chiropractor.”

