
Athletes. CHIROPRACTIC AND SPORTS

Many high-level athletes as well as professional sports teams often turn to chiropractic.



Athletes, team doctors and coaches recognise the important contribution that Chiropractic can provide in three essential aspects for every athlete: maximum neurological, joint and muscular performance, injury prevention and treatment after damage.

That's why chiropractic is not only beneficial for high-level athletes but also for amateur athletes. The infatuation of athletes towards chiropractic is explained by the results:

- Increased performance
- Increased resistance
- Coordination and accuracy improvement
- More complete recovery and shorter recovery times after an injury

Athletes are prone to various pathologies such as tendonitis, tears, joint and muscle pain, damage to the ligaments, and so on. Chiropractic helps both professional and amateur athletes to recover more quickly and efficiently.

Along with prevention, which is a series of actions carried out in order to protect the body from future injury, we add the chiropractic approach that refers to a widely accepted concept, emerging also in the definition of health of the World Health Organization: "Health is a state of total physical, mental and social well-being and not the mere absence of sickness or infirmity." This state of total well-being depends on the balance of three main functional levels: neurostructural, biochemical and mental.

The scientific rationale for the approach of the athlete's neurostructural treatment is based on chiropractic, which looks at the crucial relationship between the body's supporting structure, the vertebral column, and its function, coordinated by the nervous system. Chiropractic emphasises the body's ability to recover on its own without resorting to drugs or surgery. The athlete is first and foremost considered a complex psychophysical entity; he or she isn't divided into different muscle, joint and bone segments. Chiropractic does not provide treatment of a particular symptom, but rather overall health optimization. The human body is naturally built to resist disease and has the ability to overcome it, because it is naturally brought back to a healthy state.

Chiropractic aims to make the most of homeostasis: the innate ability to maintain or restore the best psychophysical conditions. In this way, the chiropractor intervenes as a "process facilitator". Chiropractic treatment aims to treat altered muscle and joint function by means of vertebral adjustment and restoring the normal activity of the nervous system.
