



Get back in the game...

# FAST

NO MATTER WHAT YOUR GAME MIGHT BE.

## WHY CHOOSE A CERTIFIED SPORTS CHIROPRACTOR?

The best in healthcare for people of all activity levels — high-caliber athletes, recreational athletes or those seeking to feel great engaging in daily activities.



## 10 Things You Should Know About Certified Sports Chiropractors

### They...

1. Possess specialized knowledge of sports injuries and physical fitness
2. Are experts in the function of the body during movement, from high-level athletics to everyday activities
3. Can help optimize athletic performance by applying an advanced understanding of musculoskeletal function and performance enhancement
4. Offer individualized care that extends beyond spinal adjustment to include direct treatment of muscles, joints and connective tissues
5. Focus on total body wellness and reaching optimal functioning, not just reducing pain
6. Are immersed in the latest sports medicine research, trends and treatment techniques
7. Can integrate seamlessly with other healthcare practitioners to optimize your medical care
8. Are passionate proponents of physical fitness and skilled sports medicine practitioners
9. Will help you achieve YOUR peak performance with a breadth and depth of knowledge found only with their specific training
10. Comprise the top tier of the chiropractic profession



## BENEFITS TO ATHLETES

- ◆ Faster recovery from injury—get back to play sooner
- ◆ Access to a wider range of treatment tools
- ◆ Expertise in high-performance athletics and preventive strategies
- ◆ Guidance for athletic training
- ◆ Sports nutrition consulting
- ◆ Individualized treatment
- ◆ Sports-specific treatment and preventive exercises
- ◆ Ability to integrate treatment with training

## AND TO NON-ATHLETES

- ◆ Faster evaluation of injury or pain source
- ◆ Reduced treatment duration; less visits
- ◆ Corrective exercises to prevent injuries
- ◆ Holistic approach wellness model
- ◆ Take advantage of the latest treatments and methods developed for athletics

FOR MORE INFORMATION: