

Why do Olympians love Chiropractic?

It's no secret that elite athletes around the world love chiropractic care not only for enhancing rehabilitation after an injury, but also for boosting overall performance. For events such as this year's Olympics, it's common to see professional athletes have a chiropractor accompany them in order to stay at the top of their game.

Recently, researchers from the Centre for Chiropractic Research in New Zealand sought to quantify changes in performance in elite athletes after chiropractic adjustments.

What they found is hugely promising for athletes seeking an extra edge in performance. After measuring both muscle strength and activity of the nervous system, researchers found that athletes had stronger muscle contraction for 30 minutes after one adjustment and had improved nervous system control over those muscles for 60 minutes after an adjustment. No wonder so many elite athletes are adamant about always traveling with their chiropractor!



New research shows improved muscle contraction in elite athletes immediately after receiving an adjustment.

Christiansen, T. L., Niazi, I. K., Holt, K., Nedergaard, R. W., Duehr, J., Allen, K., . . . Haavik, H. (2018). The effects of a single session of spinal manipulation on strength and cortical drive in athletes. *European Journal of Applied Physiology*. doi:10.1007/s00421-018-3799-x



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