

[IMAGE]

## **Chiropractic: Hitting It Big With College Athletes**

It's estimated that more than one-third of the American public uses the services of doctors of chiropractic and other complementary and alternative medicine (CAM) providers each year. Among those who take full advantage of CAM's benefits are professional athletes; in fact, many pro sports teams now have chiropractors and other CAM providers as part of their medical or training staff. A new study shows that chiropractic and other types of CAM are extremely popular among athletes on the college level as well.

In this study, researchers gave a survey to more than 300 college athletes attending a Division I school in Hawaii. The survey asked the athletes about their use of different types of CAM in the previous year, along with their use of traditional medical care. Fifty-six percent of the athletes reported using some type of CAM within the past 12 months, with more women using CAM than men. Chiropractic was the second most popular form of CAM, just behind massage; 29 percent of the athletes said they had used chiropractic at least once in the past year.

While considerable evidence suggests chiropractic can improve the performance of elite athletes, there's just as much evidence which shows chiropractic care is effective for a variety of everyday problems, too. Back pain, neck pain and migraine headaches are just a few of the many conditions that can be treated with an adjustment by a well-trained doctor of chiropractic. If you suffer from any of these conditions, make an appointment with your chiropractor today. You'll be thankful you did. To learn more about chiropractic's many benefits, visit [www.chiroweb.com/find/archives](http://www.chiroweb.com/find/archives).

### *Reference:*

Nichols AW, Harrigan R. Complementary and alternative medicine usage by intercollegiate athletes. *Clinical Journal of Sport Medicine* May 2006;16(3):232-7.

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