

Famous Athletes Seek Regular Chiropractic Care Too!

Did you know that many "famous athletes" seek regular chiropractic care? Obviously, you don't have to be a "professional baseball player, or a star linebacker to seek chiropractic treatment.

May 24, 2010 - [PRLog](#) -- Athletes, whether "professional or amateur" have special needs and Dr. David Quartell and his experienced team at Quartell Chiropractic in Palm Beach Gardens understands the specific nature and requirements needed to help you perform optimally.

Whether it's during the season or in the off-season, Chiropractic care is becoming the competitive advantage that many athletes are now seeking.

When your body is in better alignment, your nervous system is finely tuned, all piston's are firing!!!! This leads to better performance, fewer injuries and quicker recovery.

A research study conducted by Drs. Anthony Lauro and Brian Mouch, published in the journal of Chiropractic research and Clinical Investigation, 1991, indicated chiropractic care might improve athletic performance by as much as 16.7% over a two week period. The report also concluded that subluxation-free athletes react faster, coordinate better, execute fine movements with improved accuracy and precision, amounting to an overall better athlete.

Top professionals in every sport are under chiropractic care to increase health and performance. The following are just a few sports stars under chiropractic care.

Lance Armstrong

Seven Time Tour de France winner, Lance Armstrong has been receiving chiropractic care since January of 1999, helping him to keep his body together for the harsh demands of the Tour de France. After last year's Tour de France, Lance said that he could not have won without his chiropractor's help.

Barry Bonds - The Most Valuable Player

Mastery of five skills - base running, fielding, throwing, hitting for average and hitting with power - is the standard of greatness in a baseball player, and San Francisco Giants outfielder Barry Bonds has reached that mark.

Generally regarded as the best player in the major leagues today, he has proven himself, year after year, by raising his level of play to that of the all-time greats of the game. With a recent contract extension, he is now, befitting his enormous talents, the highest-paid player in baseball. "I go to my chiropractor on a regular basis, because I want to prolong my career as long as possible," he states. "I see him about once a week, in between my training (sessions). By getting an adjustment once a week from him, I feel I can sustain my career a lot longer."

Dan O'Brien - Decathlon Gold Medallist

"If it were not for Chiropractic, I would not have won the gold medal."

"You obviously can't compete at your fullest if you're not in alignment. And your body can't heal if your back is not in alignment. It was the holistic idea that I liked about chiropractic and that is what track and field is about. Every track and field athlete that I have ever met has seen a chiropractor at one time or another. In track and field, it is absolutely essential. Chiropractic care is one of the things I think that no one has denied or refuted."

Joe Montana

"Chiropractic care works for me."

One of the most recognizable celebrity/athletes, holder of four Super Bowl rings, three Super Bowl MVP's and Player of the Year in 1990 has just agreed to become the spokesperson for Chiropractic in the State of California.

Emmitt Smith Credits Chiropractic for Rushing Record

"Playing in a football game is like being in 30-40 car accidents."

An article in the Fort Worth Star-Telegram explains it all started after the 1994 season when Smith endured a lot of hamstring problems and he began to ask himself some tough questions. "Do I need to get more rest? Do I need to eat better? Do I need a little more training? How can I take care of my body better? Do I need to find a chiropractor? It was time for me to invest in me," Smith said. "I found a specialist that's really good in balancing out my body to make sure my hips are rotated right, and my body is functioning properly. I remember somebody telling me that what I put myself in during the games is like having a car wreck every Sunday. It's against the norm. You can find yourself in awkward positions. That stuff takes its toll. But if you take advantage of the health care, balance your body back out, put it back where it's supposed to be, you function better, and you recover faster."

Evander Holyfield

"I have to have an adjustment before I go into the ring."

I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. The majority of boxers go to get that edge."

If you are an athlete, or you partake in any type of sport activity, no matter what age you are, REGULAR chiropractic care can optimize your performance and most importantly, keep you safe from any sports-related injuries.

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We've been delivering quality chiropractic care to Palm Beach Gardens and the surrounding area since 1999. Our office policy is to treat every patient as a unique individual and provide a dedicated wholistic approach for the best results possible.

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Country	United States
Industry	Fitness, Health, Sports
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