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Why the World's Greatest Athletes use Chiropractic

It has been estimated that **90% of world-class athletes use regular chiropractic care** to prevent injuries and maximize their performance potential. The main function of chiropractic care is to improve the function of the nervous system, which is responsible for performance. With the very best of the science, medicine & care at their disposal, 90% of world-class athletes have regular chiropractic care as a crucial element of their training regimen and preventative health plan.

Chiropractors serving professional athletes are in good company with other team doctors, physical trainers, dietitians & nutritionists. The majority of these athletes use chiropractic care proactively to prevent injury and maximize performance; less frequently as reactive measure to treat pain & symptoms or rehabilitate.

When the bones & muscles of the spine are subjected to the daily stress and demands of an active athletic lifestyle, chiropractic is a key element to maintaining health. Subluxations, or vertebral misalignments of the spine, are very common due to the physicality of contact sports. When vertebrae in the spine are out of alignment, they create pressure on nerves which disrupts communications between the brain and the rest of the body's systems. The fact is: bodies with spinal misalignments, no matter how minor, cannot perform at 100%.

The best of the best have something in common... not just endorsement – but enthusiasm for chiropractic. Here is what some of the world's finest athletes have to say about what chiropractic care has done for them:

"I am blessed that my dad is a chiropractor. Getting adjusted regularly – along with practicing other good health habits that my mom helped me to establish – are all part of my goal to win in life and on the field." – **Aaron Rodgers, Highest-Paid NFL player in history**

"Bodybuilders and fitness people have been using chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured. We are a perfect team – the world of fitness and the world of chiropractors... chiropractors are miracle workers."
– **Arnold Schwarzenegger, seven-time Mr. Olympia, Mr. Universe**

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

– **Dan O'Brien, Olympic Decathlon Gold Medalist**

"Chiropractic just makes you feel so much better. When I walk out of the clinic, I feel like I'm three inches taller and everything's in place. And as long as I see the chiropractor, I feel like I'm one step ahead of the game." – **Tom Brady, 3x Super Bowl Champion, 2x NFL MVP**

"I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important. The game of life requires the edge that chiropractic care provides... chiropractic was key to keeping me in the game."
– **Jerry Rice, holds NFL career records for most receptions, yards and touchdowns – rated #1 NFL player of all-time by NFL.com**

"Being a chiropractic patient has really helped me immensely...lifting weights and seeing a chiropractor on a regular basis has made me a better golfer. I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing." – **Tiger Woods, AP Athlete of the Decade – Dec. 2009**

"I only wish I had tried chiropractic a few years ago when I first started having back pain and maybe surgery would never have happened. I feel it helps me recover sooner and prevent injuries. It's about prevention so your body can function at optimum health." – **Joe Montana, 4x Super Bowl Champion, 3x Super Bowl MVP, 2x NFL MVP**

"I didn't know how much I could improve until I started seeing a chiropractor. Since I've been in chiropractic, I've improved by leaps and bounds both mentally and physically." – **Michael Jordan, 6x NBA champion, 6x NBA Finals MVP, 5x NBA MVP**

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