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aa3. Spinal Health and Sports
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Chiropractors are generally considered to be excellent health care providers in the sports injury field. We will discuss chiropractors in some depth.

If the spine is not working properly then it is hard to imagine that the rest of the body can function optimally in athletic pursuits. Spinal health is particularly important to athletes. Chiropractors are well trained and well placed to deal with sporting pursuits. A great number of jurisdictions around the world recognize chiropractic sports care as a more specialized form of chiropractic care and have certification programs to qualify chiropractors for this form of care. Chiropractic sports doctors hold international symposiums on a regular basis to upgrade skills and learn about what other chiropractors are doing in the sports field.

Although chiropractors who graduate from an Accredited Chiropractic College are perfectly capable and competent, the sports chiropractors generally, but not always, spend more time with sports teams dealing with various injuries. The extra three years of training to become certified in sports injuries improves their diagnostic skills and teaches them much about athletes.

Even chiropractors who do not have the sports training will do a fine job of finding and removing spinal subluxations. This will help the athlete perform better when all the spinal vertebrae and the pelvis, are moving normally and in their proper positions.

If you want to have a chiropractor at any of your local sporting events or as a team doctor, then call your local chiropractor and ask for the name and phone number of the chiropractic sports association nearest you. Most National, State, or Provincial chiropractic associations will be able to put you in touch with a sports chiropractor.

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