

# FOOTBALL AND CHIROPRACTIC

HEALTH ISSUES #13

Football players of all ages, from youths to professionals utilize Chiropractic because it is a drug-free way to better health and performance. Chiropractic adjustments help ensure that the body functions as efficiently as possible, which can maximize healing, ensure optimal recovery from all types of injuries as well as help in the prevention of injuries.

31 percent of NFL teams use Chiropractors in an official capacity as part of their staff and a full 77 percent of the trainers have referred players to a Chiropractor.

Stump, J, DC, Redwood, D, DC, JMPT, March/April 2002, Volume 25 - Number 3,  
The use and role of sport Chiropractors in the National Football League

**“Performing at my best is important to me and should be to everyone. Getting adjusted regularly, along with practicing other good health habits, are all part of my goals, to win in life and on the field.”**

**AARON RODGERS**

**TWO-TIME LEAGUE MVP SUPER BOWL XLV MPV**

**“As long as I see the Chiropractor, I feel like I am one step ahead of the game.”**

**TOM BRADY**

**5X Super Bowl Champion**

**“I definitely try to get on a basis where I use Chiropractic at least twice a week. I would definitely say it helps me to perform at a higher level.”**

**EMMITT SMITH, NFL Hall of Fame**

**“Do I believe in Chiropractic? Let me answer it this way. I’ve sent over 30 of my teammates, including All-Pro quarterback Joe Montana to the Chiropractor. Because of Chiropractic, I have never missed a game in 8 years. What does that tell you about my feelings about Chiropractic?”**

**ROGER CRAIG, NFL 80's All Decade Team**

