

# Why Chiropractic Works

For the athlete as well as the office worker

Greg Arnold, DC, CSCS



Complete  
Chiropractic  
Healthcare

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## 5 Ways Chiropractic Can Improve Your Health

"Look well to the spine as the cause of disease" - Hippocrates

#5 - Strengthening Your Immune System<sup>1</sup>

#4 - Decreasing Inflammation<sup>2</sup>

#3 - Improving Blood Flow<sup>3,4</sup>

#2 - Decreasing Pain<sup>5</sup>

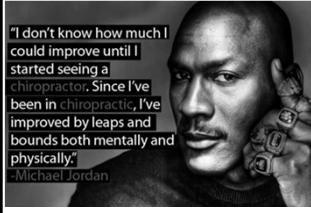
#1 - Increasing Flexibility<sup>6</sup>




Carrie M.  
Farmingdale, NY  
0 friends  
1 review

★★★★★ 1/26/2015

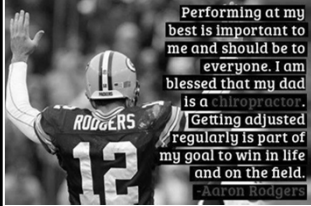
Amazing, professional doctor! Dr. Arnold truly knows his stuff! He was able to diagnose my problem very quickly and as a result, he healed me within 3 visits! When I went to him I was in a lot of pain, I could barely move. He was patient, knowledgeable, caring and professional in his approach. I highly recommend Dr. Arnold!



"I don'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



"Chiropractic is essential for running. If I could put a percentage value on it, I would say that I compete 8-10% better from regular Chiropractic"  
Dan O'Brien, Olympic Gold Medalist  
[www.keithrossung.com](http://www.keithrossung.com)



Performing at my best is important to me and should be to everyone. I am blessed that my dad is a chiropractor. Getting adjusted regularly is part of my goal to win in life and on the field.  
-Aaron Rodgers

## Chiropractic and Athletic Performance

Precompetition Manipulative Treatment and Performance Among Virginia Tech Athletes During 2 Consecutive Football Seasons: A Preliminary, Retrospective Report



J Am Osteopath Assoc. 2012;112(9):607-615

influence game outcomes. For sports medicine clinicians and athletes, manipulative treatments may potentially represent a novel, safe, and drug-free ergogenic aid.

## Chiropractic and Reflexes

Chiropractic Effects on Athletic Ability

Fifty athletes were tested. They were divided into two groups. One group received chiropractic adjustments, the other served as controls. Eleven tests were used to measure aspects of athletic ability including: agility, balance, kinesthetic perception, power, and reaction time. After 6 weeks, the control group exhibited minor improvement in eight of the 11 tests while the chiropractic group improved significantly in all 11 tests. In a hand reaction test measuring the speed of reaction with the hand in response to a visual stimulus, the control group exhibited less than a 1% response while the chiropractic group exhibited more than an 18% response after 6 weeks. After 12 weeks the chiropractic group exhibited more than 30% improvement.

Lauro A. Mouch B. Chiropractic: The Journal of Chiropractic Research and Clinical Investigation. 1991; 6: 84-87

Still Have Questions About Chiropractic?  
Want to make an appointment?  
Contact Dr. Arnold!



631-352-7654

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