

## KEY BENEFITS OF CHIROPRACTIC TREATMENTS FOR ATHLETES JUST ASK LANCE ARMSTRONG!

*By Dr. Cathy*

Hey all you runners, cyclists, golfers, and team sports players, check out why athletes like **7 time Tour de France Winner, road racing cyclist Lance Armstrong** give kudos to their chiropractors for their peak performance!

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, and execute fine movements with improved accuracy and precision, amounting to an overall better athlete.

In addition to improving performance, ongoing chiropractic therapy offers several health and wellness benefits. These include:

- ~ Improved Posture
- ~ Increased range of motion
- ~ Better focus and concentration
- ~ Increased blood circulation
- ~ Better joint flexibility
- ~ Increased blood and oxygen flow throughout the body
- ~ Increased recovery rates after a sports injury

Dr. Franklin sees a variety of athletic patients consistently, including tri-athletes, marathon runners, golfers, cyclists, yoga practitioners and tennis players. Even if you don't consider yourself "an athlete", Dr. Cathy can help you enjoy the **Law of Movement!**

