

Some problems chiropractors see in practice.



CHIROPRACTIC IS EXCELLENT in caring for MUSCULOSKELETAL CONDITIONS and ENABLING CYCLISTS to ACHIEVE PEAK PERFORMANCE

Chiropractic - the largest non-surgical, non-drug prescribing, primary contact health care profession in the world. The primary focus of chiropractic is the location, correction and prevention of impairments to the nervous system.

These impairments occur when the bones of the spine misalign and get stuck, putting unnecessary pressure on the nerves feeding the rest of the body. As a result of diminished nerve supply, cyclists with impairments are at greater risk of reduced performance and increased injury.

“*[Chiropractic] has become increasingly popular in cycling, especially professional cycling because of its functional ability on many levels...Cycling in particular is a sport where fine tuning is paramount and can often be obliterated by various things such as overworking, postural instability, or the odd crash or two*.*”

Chiropractic is extremely safe and has an excellent safety record. Chiropractors use spinal adjustments to correct impairments to improve nervous system functioning, thereby increasing overall performance. Chiropractors are highly qualified and trained professionals who study full time at university for a minimum of five years.

Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons. So if you suffer from a recurring cycling injury, or want to reach your peak potential, **discover why there's so much more to chiropractic.**

Some cycling issues that can lead to musculoskeletal conditions:

- Hill riding
- Seating too low
- Excessive sprinting
- Incorrect frame size
- Riding in too high a gear

Your local CAA chiropractor:

healthy spine, healthier life



Chiropractors' Association of Australia

www.chiropractors.asn.au

* Stapleton, D., & Chow, B. (2006, November/December). Innate Intelligence. *Bicycling Australia*, p.67