

4 April 2018

## Chiropractors Supporting the Sporting Spine

Thousands of athletes from around the world are in the final stages of preparation for the upcoming Commonwealth Games on the Gold Coast. Did you know that many athletes and sporting professionals incorporate chiropractic care into their overall wellness regimen?

With the Australian love of sport, chiropractors regularly come across sporting-related ailments and provide care to patients who participate in sport.

The Chiropractors' Association of Australia (CAA) has long been committed to sport, having sponsored several elite athletes in the past, such as Olympic gold-medal winner Matthew Mitcham and champion swimmer Ellen Fullerton.

Sports Chiropractic Australia (SCA) is CAA's clinical interest group for sport. SCA coordinates sports chiropractic care at community, state, national and international level sporting events. It also provides support to members who work with sporting teams. Sports chiropractors are proficient in the diagnosis and treatment of sport related injury.

Many of today's athletes utilise a sports chiropractor to prevent injury and to improve biomechanical and neuromuscular function with the ultimate goal of enhancing performance.

All chiropractors provide care in management, rehabilitation and performance optimisation. Whether you are a backyard beginner or a pin-up professional, consider your local CAA chiropractor to help keep you moving at your best.

For more information on CAA and chiropractic, visit [www.chiropractors.asn.au](http://www.chiropractors.asn.au).

*Chiropractic care focuses on the relationship between the spine and nervous system without the use of surgery or drugs. Australian chiropractors are five-year university trained healthcare professionals, regulated by the Australian Health Practitioner Regulation Agency, and must complete mandatory continuing professional development.*

– ENDS –

**Media Contact:** Ariel Tate | 02 8844 0400 | [communications@caa.asn.au](mailto:communications@caa.asn.au)