

# BASEBALL AND CHIROPRACTIC

HEALTH ISSUES #58

Chiropractic care has helped baseball teams at all levels obtain a winning edge in their performance and competitive success. 28 teams in both the MLB and MiLB use chiropractic care to carry them through the grind of spring training and the regular season.

**The benefits of chiropractic can include improved nerve function, posture, range of motion and optimal biomechanics.**

Proprioceptive input from muscles, joints and other receptors is necessary for the accurate control of movement. Loss of proprioception results in large systematic errors in multi-joint movements attributed, at least in part, to impaired motor programming.

## JOURNAL OF NEUROPHYSIOLOGY

Saiburg, R. Loss of Proprioception Produces Deficits in Interjoint coordination Vol. 70, No. 5, November 93

A study evaluated the effects chiropractic adjustments may have on reaction times. There was a marked improvement for the group that received adjustments with a 14.8% faster reaction time over the control group.

## J MANIP PHYSIOL THERA

Kelly DD, Murphy BA, Backhouse DP,  
2000 May; 23(4):246-51



Results of a study on university baseball players undergoing chiropractic adjustments showed significant improvement in muscle strength and long jump distance as well as improvements in resting blood pressure and pulse rate as well as pulse rate following treadmill activity.

## J. VERTEBRAL SUBLUXATION RESEARCH

Schwartzbauer, J. Koller, J. Zhang, J. Athletic Performance and Physiological Measures in Baseball Players Following Upper Cervical Chiropractic Care: Volume One 9-10 2017



"Without the benefits of chiropractic I don't think I would be able to remain as fit and active today."

**JOE MORGAN ~ MLB Hall of Fame**

"I had issues with my shoulder and arm for a long time. Since I have been getting adjusted, I have not had any arm problems and I always feel 100% on the mound."

**JASON MOTTE ~ St. Louis Cardinals**

"Without chiropractic, I wouldn't be able to play consistently throughout the season."

**JOHNNY DAMON ~ NY Yankees**



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