

THE ATHLETE'S CHOICE FOR SPORTS CARE

My name is Dr. Patrick Maddalena I am a chiropractor located at City Chiropractic on Hertel Avenue. In addition to being a Chiropractor I am a professional lacrosse player having 8 years of experience. I played for the beloved Buffalo Bandits and currently play in Madison Square Garden for the New York Titans. In addition to playing I have had the privilege of treating the 2006 Arizona Sting and 2007 New York Titans of the National Lacrosse League. Treating lacrosse players is a passion and it is a way for me to not only help athletes get healthy and stay healthy but also to provide a few tips along the way with treatment. I have included a nice informative article to help explaining the benefits of chiropractic and sports.

Probably more than any other health profession, Chiropractic's approach to health closely relates to the needs of the sports participant. Most sports involve body contact, fast starts and stops, and positioning that places an unusual amount of strain on the back and structural system.

Doctors of Chiropractic consider a person as an integrated being, giving special attention to the spine, joints, muscles, tendons, ligaments, and nerves. Chiropractic is a natural health care method that stresses the importance of keeping all the systems of the body functioning efficiently so the player enjoys peak performance, a minimum injury risk, and fast recuperative powers. Many world class and Olympic athletes, as well as professional stars and teams, have retained sports chiropractors to provide care. Joe Montana, Nolan Ryan, Muhammad Ali, Kareem Abdul-Jubbar, and Carl Lewis all utilize chiropractic care. Why do professional athletes in almost every sport rely on regular chiropractic care? The answer is simple, it works, in fact the role of chiropractic in sports is three-fold it speeds recovery from injury, it enhances performance and it helps prevent future problems. Common sense tells us that what can help the professional athlete can help the rest of us.

The Players Association of the NFL has officially incorporated sports chiropractors as a regular part of care. Chiropractors have been selected as attending doctors at the Olympic Games and at national and world championships in track and field, cycling, volleyball, powerlifting, aerobics, and triathlons.

I welcome all athletes and lacrosse players to seek the benefits of Chiropractic care and help take your game to the next level.

Some information contained in this article is from about.com