

Athlete Testimonials to Sports Chiropractic

As a now retired athlete, I have a slightly different perspective than most people with respect to chiropractic. While representing Canada in the sport of skeleton for seven years including two Olympic Games, sports chiropractic care was a critical element in my development and performance. Sports chiropractic contributed greatly toward my success and in many instances, simply allowed me to compete after sustaining injuries.

Over the years having sustained more than my share of these injuries (perhaps inherent in the sport of skeleton if not a reflection of my age) I have an appreciation for the various forms of rehabilitation and physical therapy and in my opinion sports chiropractic care is a very important and effective modality. For me personally it was the most effective. The national team that I was on as well as subsequent teams in Canada and around the world travel with sports chiropractors because of the effective work they are able to provide.

Because sports chiropractic care is so much more than simply making adjustments to the skeletal system, I hope all athletes are offered the opportunity to become exposed to sports chiropractic care. It will be the most significant eye-opening experience of their athletic careers.

Sincerely,

Duff Gibson

Former World & Current Olympic Champion, Skeleton

Being truly privileged to play hockey at its highest level, maintaining my performance edge is paramount. I place my physical health at the forefront of my focus given the pounding it takes over a gruelling 82 game season year after year. One of the main facets of my performance strategy is sports chiropractic. Regular sports chiropractic treatment has helped me to better understand my body. It has for me, taken the concept of injury rehabilitation to that of injury prevention and performance enhancement. I have found that regular assessments and treatment has allowed me to identify and resolve small movement inefficiencies before they become issues that make me susceptible to injury. Through sports chiropractic, I have gained a heightened body awareness, and am better able to self identify the stress points of my body and what specific aspects of my training and sport place the most strain on my body. This partnership has become an essential part of my performance preparation. Thank you, sports chiropractic.

Mike Cammalleri

NHL Player - Montreal Canadiens

Racing down a track head first at 150+ kilometers per hour tends to put quite the stress and strain on the body. Add to that, the need to explode off the start line and sprint in a bent over position makes working with a sports chiropractor a must. I have found that throughout my Skeleton career, sports chiropractic has helped me keep my body working at its best. Making sure I am moving ideally, my joints are functioning properly, and the muscles firing in the right sequence are essentials for my sport. I think that in order for me to compete at my best, sports chiropractic is a must.

Jon Montgomery

Skeleton Athlete - Canada

2010 Olympic Winter Games – Gold

I've been raving about your chiropractic group ever since I came back from the games. Telling everybody what a great care you took of me and made the pain disappear. I had such a great time in Whistler and your group was a big part of it. Without your help I probably wouldn't be able to compete in all the events. Everybody in Slovak Paralympic Team agreed that all of you put a lot of energy into helping us to achieve the best results possible. And on top of it, it was fun to be around all of you. I'm not really good at e-mails, my girlfriend has to help me to write in English. Please say hi to everybody for me.

Martin Cupka, Alpine Skiing - Standing

2010 Paralympic Games

Since as long as I can remember I have been involved in sports. For the past decade, my sports path has led me down the bobsleigh track to the ultimate of my life; a gold medal at the 2010 Olympic Winter Games. Throughout my career I have depended on sports chiropractic to keep me performing my best. You cannot image the pounding my body takes day in and day out hurdling my body down a track at 150 kph. Thank you, sports chiropractic. Thank you for keeping me healthy and fixing me when I was broken. You truly make a difference in the lives of athletes.

Kaillie Humphries

2010 Olympic Gold Medallist Women's Bobsleigh

I literally stumbled upon Sports Chiropractic on my walk to/from work. After seeing the experience that Sports Chiropractors have had working with various Olympic athletes, I felt compelled to give them a try. Being an aspiring Olympic athlete myself, I was searching for relief to chronic low back pain that had been plaguing me for over 10 years. I had seen countless other chiropractors in that time, and although I would find some relief, inevitably it ended up in the same routine visit and never fully resolved my discomfort. During my worst moments my back pain would send me into a curled up fetal position... something not so easy to do during the middle of a curling game. Starting out with a thorough evaluation of my body's movement patterns, the issues were quickly identified. For the first time ever someone got to the root of my pain, and I'm happy to say I am now virtually unhampered by this condition. Sports Chiropractic continues to assist me with the issues that arise from the repetitious movements of my sport. This ongoing treatment has provided great support and inspiration in my journey to the podium. A piece of my silver medal is thanks to them...

Cori Morris

Silver Medalist in Women's Curling

2010 Olympic Winter Games

Bobsleigh is a pure power sport - joints especially take a beating.

Knees, back, ankles, elbows are constantly being abused through our weight training and sprinting. By having a regular chiropractic assessment, potential problem areas can be identified and worked on before they lead to greater problems."

Pierre Lueders

(Pierre Lueders is the second winningest athlete in Canadian history with over 80 World Cup Medals)

I was skeptical at the beginning (i.e. 1st few treatments) ... not anymore! I have been an athlete for over 20 years and as I've pushed 'the envelope' into the extreme-multi-sport-endurance-world, I could only have expected some injuries along the way. Fortunately, through a referral, I landed on a fantastic sports centre and have been able to get back on track and continue to explore my full potential. This has been one of the best things that I could have ever done - on many different levels. Thank you, Sports Chiropractic.

Sherri Foster

XTerra World Champion

With my sights squarely focused on the 2012 London Olympic Games, regular sports chiropractic care is an absolute necessity. When podium appearances are decided by hundredths or even thousands of a second, every advantage must be utilized. Sports Chiropractic has for me, changed my focus from injury rehabilitation to that of injury prevention. It gives me the edge on performance enhancement. I have found that regular treatments have allowed me to identify small movement issues before they become big enough to make me susceptible to injury. Through sports chiropractic my body awareness is better, and am better able to identify the stresses on my body. Sports Chiropractic treatments have become an essential part of my performance preparation.

Sam Effah

100M, 200M, 4 x 100M Relay

I have suffered from low back and hip pain for years. Last year a teammate referred me to a sports chiropractor but it took me a full year before I actually went. I think that it is probably because you get complacent with accepting the health care that is provided for you.

I cannot believe the difference sports chiropractic has made to my game and my body. Not only has years of aches and pains been eliminated but my reaction time and flexibility are the best they have ever been. Since I have engaged in sports chiropractic a whole new approach to maintaining my health has been realized. I am a raving fan and see how this can play a regular role in my sports career.

Henrik Karlsson

Peak performance, lack of pain and quality of life are all things that regular sports chiropractic care add to my life and sporting career. As a high-performance athlete, it is in my blood to always be searching for ways to be at my best. The most common reason that I am on the chiropractic table is because of an injury that is preventing me from training or competing at my best. Small pains or muscle fatigue can cause months of preparation to fall apart when it really counts. I combat this by being treated regularly. Even when I am feeling at my best, I will always make time for sports chiropractic. Constant and regular treatments are the only way to stay in the best form, because my body is constantly being checked up and assessed. The expert practitioners I am looked after by are so incredible at monitoring my body that they can sense when and where my body is going to fail me before I even see it coming. I place very high value on regular chiropractic care because I have seen the benefit. With the Olympic Games in Sochi right around the corner there is no accident that you see me so often attending sports chiropractic.

Eric Mitchell

2010 Olympian

Ski Jumping

When I was first referred to a sports chiropractor, I was exactly sure what to expect. I had gone to a family chiropractor back in Sweden but wasn't sure what exactly a sports chiropractor meant in Canada. What I discovered was that sports chiropractors really look at the body as a whole and focus on making me perform better- evaluating the way my muscles and joints work and fine tuning everything. I am now totally committed to sports chiropractic. With regular treatments I feel healthier and feel that the likelihood of injuring myself is so much less. I truly feel that it helps me to be the best athlete I can be.

Mikael Backlund
Calgary Flames

As ski jumping became a larger aspect in my daily life, I began to feel the effects of the vigorous training. Doing the right stuff - icing, compression socks etc. only worked temporarily. Going for sports chiropractic treatments has helped out significantly in getting my body in the best shape for competition and training. Sports chiropractic has improved the way my body moves and functions and has played a significant role in rehabilitating injuries.

Alexandra Pretorius

The quality of my training as a ski jumper has increased thanks to the help of sports chiropractic. When training at home in Calgary, I do weekly office visits to maintain good function and deal with the stresses of my sport. During training and in competition, the work done by my sport chiropractor has helped me to prepare firing up all my muscles to make sure that they were capable of doing their job when the time came. The difference from when I don't have the treatment to when I do is very noticeable. I can feel the difference right away. The plyometric portion of my warm up becomes more powerful, and feels like I don't need to try as hard and tense up my body, it just all comes naturally.

As an athlete that travels extensively, I find it very helpful when Dr. Gareau explains to us what he is doing and why it benefits us; especially when he is not able to travel with the team

Attending the Sochi Winter games was an incredible experience; even more so being the first women ski jumpers in history to participate. As an Olympic athlete, it has been amazing to have the support from a sport chiropractor. In Sochi, I had developed shin splints on the day of our competition and also had ongoing problems with my back. I found it very helpful when Dr. Gareau was at the ski jump venue to treat me before and between my competition jumps. The difference afterwards was amazing.

I believe that having these treatments done by a chiropractor is a key ingredient to the success of an athlete, especially in a sport like ski jumping. I tend to have small issues after each training or competition jump, and it makes it stressful mentally. It can be difficult to concentrate when there is pain while preparing to take another jump.

Atsuko Tanaki