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Sports Chiropractic: Keeping Athletes in the Game

3.6M

Youth Sports Injuries

Annual injuries reported by CDC, highlighting the critical need for specialized athletic care

42%

Fewer Surgeries

Reduction in surgical interventions when chiropractic care is used as first-line treatment

28%

Lower Healthcare Costs

Cost savings achieved through chiropractic integration in wellness programs

What Sports Chiropractors Do

Sports chiropractors serve as specialized healthcare providers who focus on the unique needs of athletes across all levels of competition. Their comprehensive approach addresses three critical areas that directly impact athletic success and longevity in sports.

Recover

Accelerate return-to-play timelines through supervised rehabilitation programs, provide expert concussion triage and management, and deliver immediate emergency care when injuries occur during competition or training.

Perform

Enhance athletic capabilities by improving strength, speed, flexibility, and coordination through evidence-backed treatment protocols that optimize biomechanical function and movement patterns.

Prevent

Proactively identify injury risk factors through comprehensive movement assessments and implement targeted biomechanical corrections to reduce the likelihood of future injuries.

Integration & Impact

The integration of sports chiropractic care into athletic programs has become a cornerstone of modern sports medicine. Every major professional league including the **NFL, NBA, MLB,** and **NHL** now employs sports chiropractors as essential members of their healthcare teams. This widespread adoption reflects the proven value these specialists bring to athlete care and performance optimization.

In Pennsylvania, where 60% of counties are designated as health professional shortage areas, sports chiropractors play a crucial role in bridging healthcare gaps. Their collaboration with athletic trainers, physical therapists, and medical doctors ensures athletes receive comprehensive, team-based care that addresses all aspects of their health and performance needs.

High School Sports Care Teams



Removing PIAA Barriers

Eliminates current restrictions that prohibit chiropractors from serving on high school athletic care teams, opening doors for specialized musculoskeletal expertise.



Enhanced Student Access

Student athletes gain access to the same caliber of musculoskeletal experts celebrated in professional, collegiate, and Olympic programs worldwide.



Improved Care Continuity

Enhances continuity of care and aligns Pennsylvania with national best practices in athletic healthcare delivery.

Specialized Training Excellence

The depth of specialized training distinguishes sports chiropractors in the athletic healthcare landscape. Sports chiropractors complete **300-400+** post-doctoral hours through rigorous CCSP® or DACBSP® certification programs focused specifically on musculoskeletal injury management and performance optimization. This extensive specialized education contrasts sharply with the average of fewer than 20 hours of musculoskeletal training that MDs and DOs typically receive, underscoring the unique specialization that chiropractors bring to athlete care.

References: CDC – Youth Sports Injury Data, Spine Journal (2013) – 42% fewer surgeries, Health Affairs – 28% lower costs, European Journal of Sport Science – Adolescent basketball study, ResearchGate, Team sports systematic review, PubMed – Athletic performance clinical trial