



Media

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FOR IMMEDIATE RELEASE

**Chiropractic Care Contributes to Optimal Performance of Baseball World Series
Champions 2011 St. Louis Cardinals and 2010 San Francisco Giants**
Cardinal pitcher Jason Motte advocates chiropractic care

CARMICHAEL, Calif. – Nov. 3, 2011 – As the St. Louis Cardinals celebrate their 11th World Series title and the San Francisco Giants relive their 2010 championship, the [Foundation for Chiropractic Progress](#) points to the role of chiropractic care in promoting faster recoveries, reduced risk of injury and enhanced on-field performance. Chiropractic team doctors Ralph Filson, D.C. of the Cardinals, and Michael Gazdar, D.C. of the San Francisco Giants, explain that regular chiropractic care provides baseball players with proper spinal function and balance to reduce the risk of spine-related injuries, enhance recovery time and improve overall performance.

Dr. Filson, who began providing care to the players in 1990 through its then manager, Joe Torre, Major League Baseball (MLB) legend, says, “Chiropractic care is always available for players of the Cardinals and the visiting team, it is utilized by many. With chiropractic care, players report that they feel better and have better endurance. Body mechanics are significantly improved, enabling better pitching, hitting and throwing.”

Jason Motte, relief pitcher for the St. Louis Cardinals, shares, “I had issues with my shoulder and arm for a long time. I started seeing Dr. Filson this year. Since then, I have not had any arm problems. The whole team appreciates him and the work he did throughout the season. I know while being under Dr. Filson's care, I was able to feel 100 percent while on the mound.”

In 2006, Dr. Filson was awarded a World Series ring for his role with the Cardinals, and was proud to play a similar role in the 2011 championship. He also treated David Eckstein, Most Valuable Player on the Cardinals 2006 World Series Team, citing the importance of chiropractic care in helping players to achieve optimal performance: “I am proud to have provided chiropractic care to the Cardinals for so many years, and gratified that chiropractic has contributed to the players’ optimal performance during every game. We are all excited about bringing home the 2011 World Series title.”

According to Dr. Gazdar, who began working with the San Francisco Giants in 2008, and was seen by millions celebrating at the pitcher’s mound with the players following the game-ending play that resulted in the Giants World Series title, “Chiropractic care was a significant factor in the San Francisco Giants 2010

victory. One of the Giants' pitchers relied upon chiropractic adjustments for all of his pitching starts, and virtually every player benefited from chiropractic services.”

Both doctors express their enthusiasm for the inclusion of chiropractic care for virtually every team participating in professional sports, including golf, football, hockey, basketball and baseball.

About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at www.yes2chiropractic.com or call 866-901-F4CP (3427).

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