



## Media

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### FOR IMMEDIATE RELEASE

#### Chiropractic Care Advances Performance at Elite-Level Sporting Games

**CARMICHAEL, Calif. – Feb. 8, 2012** – As Terry Schroeder, DC, two-time Olympic silver medalist and head coach of the men's U.S. Olympic water polo team -- gold medal winners at the 2011 Pan American Games – prepares his team for the 2012 Summer Games, the [Foundation for Chiropractic Progress](#) points to the role of chiropractic care in promoting increased endurance, reduced risk of injury and enhanced performance. Dr. Timothy Ray, chair of the [International Federation of Sports Chiropractic \(FICS\)](#) Games Commission, explains that chiropractic care provides a valuable conservative, non-drug approach that meets Olympic participation requirements and keeps athletes competing at their peak skill level.

“Chiropractic is an essential healthcare element of optimal athletic performance, enhancing every aspect of sports performance, from training and recovery to prevention,” says Dr. Schroeder. “We have witnessed increased utilization of chiropractic care at the Olympic Games, and anticipate that a heightened level of athleticism will result.”

For the first time in its history, the recent Pan American Games in Guadalajara, Mexico included an international sports chiropractic delegation as a part of its core medical services available within its Village Polyclinic. Drs. Ray and Angela Salcedo, president of the International Sports Chiropractic Association (ISCA), co-chaired the attending chiropractic team which was comprised of 46 chiropractors.

When reviewing the progress made by the FICS over the years Dr. Ray shares, “True advancement is not simply measured by increased chiropractic presence. But when athletes realize the benefits of care and share their improvements with a trainer/coach, we can validate the value. Furthermore, when medical staff members learn how to interface with DCs, and discover that the collaboration eases their job and adds value for the athletes, we can further document the importance of chiropractic.”

Dr. Ray adds that the FICS is pleased that sports chiropractic is now recognized and growing globally, noting, “Each year, more health facilities affiliated with both Olympic and major qualifying games are beginning to integrate chiropractic care. The Winter Olympics in Vancouver represented the first Olympic Games to include chiropractic within its Olympic Village Polyclinic, which was made possible through efforts of the [Royal College of Chiropractic Sports Sciences](#) (Canada).”

Dr. Salcedo echoes this enthusiasm, adding, “Every day we are taking another step in the right direction, and we are looking forward to a continuous incline in chiropractic presence at future Olympic Games.”

To learn more about the advancement of sports chiropractic, visit: [www.fics-sports.org](http://www.fics-sports.org).

#### **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.f4cp.com](http://www.f4cp.com) or call 866-901-F4CP (3427).

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