



Media

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Foundation for Chiropractic Progress Credits Growing Reliance on Chiropractic Care Among Professional Athletes as Key to Optimizing Wellness and Performance

CARMICHAEL, Calif. – June 15, 2015 – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, spotlights recent media coverage of Washington Nationals pitcher Stephen Strasburg’s reliance on chiropractic care as a primary source of treatment for pain relief. According to experts at the F4CP, a growing number of professional athletic teams utilize chiropractic care to maximize overall health and maintain peak performance.

“Repetitive motion injuries, including shoulder tendinitis, elbow, lower back pain and muscle spasms, are common conditions and injuries among professional baseball players that can be successfully prevented, managed and treated with chiropractic care,” says Hiram N. Bagy, DC, team chiropractor, Washington Nationals and advisory board member, [Athletic TIPS™](#), who notes that Strasburg communicated instant relief from his injuries to the media following treatment. “Chiropractic adjustments, in conjunction with soft tissue mobilization, provide athletes with proper structure, function and balance to reduce the risk of injury, accelerate recovery time and improve overall performance.”

With over 20 years of professional experience, Dr. Bagy is the founder and president of United Wellness Center & Sports Rehab, and team chiropractor for the D.C. United professional soccer team, the NFL’s Washington Redskins and the MLB’s Washington Nationals. He has received specialized training and certifications specific to sports medicine, which include the [Graston Technique®](#), [Active Release Technique®](#), Myofascial Release Technique, Impact Concussion Testing and [Functional Dry Needling](#).

“Professional athletes endure continuous stress to the body, which causes a long-term effect on their ability to maintain peak performance during a full, competitive season,” says Dr. Bagy. “A number of athletes that I treat regularly understand the importance of chiropractic maintenance care, and also seek treatment when an injury arises. Through the restoration of proper bio-mechanics, doctors of chiropractic are now positioned as key health care providers throughout all of the sports teams that I work with.”

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 and www.yes2chiropractic.com or call 866-901-F4CP (3427).

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