



Media

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Foundation for Chiropractic Progress Recognizes Dr. Karen Slota, First Female Chiropractor Contracted by the National Football League to Serve on Medical Staff

CARMICHAEL, Calif. – December 18, 2015 – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, recognizes Karen Slota, DC – the first female doctor of chiropractic (DC) to be contracted by the National Football League (NFL) to serve on its medical staff. According to experts at the F4CP, the impressive health and athletic performance displayed by professional athletes can, in part, be credited to the multidisciplinary team of on-staff healthcare professionals, including DC's.

“For athletes, chiropractic care can help to reduce the risk of injuries, and enhance health and performance through improvements in range of motion, flexibility, muscle strength and other key factors,” says Dr. Karen Slota, team chiropractor, Detroit Lions. “The NFL recognizes that access to top-notch healthcare, regardless of discipline or gender – is the foundation for success on and off the field, and I am honored to work alongside the NFL's seasoned medical staff.”

Healthcare personnel who serve professional athletes and teams generally include medical doctors, doctors of chiropractic, physical therapists, certified athletic trainers and support staff. Utilized by all 32 NFL teams, doctors of chiropractic are qualified to diagnose, address and manage a broad spectrum of health conditions. In 2001, the [Professional Football Chiropractic Society](#) (PFCS) was established to provide the education and communication necessary to enhance the perception of chiropractic care in sports and the general public, as well as optimize the health and performance of individual athletes.

“Initially, the PFCS aligned to promote acceptance of chiropractic within the league, and now that all NFL teams employ at least one DC on staff, we have been able to shift our focus toward continued education and amplified success for the profession,” says Brenda Ellis, executive director, PFCS. “The growing reliance on chiropractic care within the NFL signifies a shift from traditional treatment modalities to a more integrative and effective approach. Congratulations on a ground-breaking appointment, Dr. Slota!”

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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