

ELITE SPORTS AND CHIROPRACTIC TEAM UP FOR TRIATHLON

The Chiropractors' Association Australia SA (CAASA) 22nd Sam White Memorial Triathlon will put athletes to the test this Sunday 7 February at Glenelg.

Both professional and amateur athletes will take to the course – offering a variety of different distances to suit fitness levels and age groups, for the event which is held in memoriam of past triathlon champion, Sam White.

The CAASA became naming sponsors of the February 7 triathlon due to the strong affinity between elite sport and chiropractic care. At the event the CAASA will be performing spine checks and will be available to give advice on chiropractic, exercise and wellness in general.

Elite sporting and past Australian cycling team chiropractor – Dr Margie Barry, says, “Chiropractic care is an essential ingredient for elite athletes to perform at their best in any sport.”

“It is about having a continuous approach to maintaining your peak fitness and personal wellness, which is contributed positively by regular chiropractor visits before and after competing,” says Barry.

Research studies in chiropractic have found increased performance of up to 30% overall in agility, balance, kinesthetic perception, power, and reaction time for elite athletes receiving chiropractic care over those who did not receive care.¹ Other studies further supporting the positive link between athletes, chiropractic care and performance include the American NFL case study whereby 77% of players having referred fellow players to a chiropractor and 31% of teams having a chiropractor officially on staff.²

The CAASA's Dr Billy Chow (Chiropractor) is entering the 22nd Sam White Memorial Triathlon this weekend – a testament to chiropractic care and its positive relationship with elite and amateur sports.

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NOTES TO EDITOR:

* Dr Billy Chow and Dr Margie Barry are available for photos and interviews this week.

For more information please contact Gray Management Group

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About the Chiropractors Association of Australia, South Australia (CAASA) Members of the Chiropractors Association of Australia SA (CAASA) are registered, primary contact health professionals who undertake a minimum of five years of university training across three government universities in Australia. Chiropractors usually work in their own private practice or in clinics with other healthcare professionals. They may also act as allied health consultants in areas including occupational health and safety, sport, rehabilitation, health insurance assessment and medico-legal advising.

CAASA's mission is **"To empower all people to experience greater health and wellness through an active, lifelong process of healthy lifestyle choices"**.

For more information visit www.caasa.com.au

¹ **Chiropractic effects on athletic ability.** Lauro A. Mouch B. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation.* 1991; 6: 84-87

² **The use and role of sport chiropractors in the national football league: a short report.** Stump JL, Redwood D. [↓ Manipulative Physiol Ther 2002 \(Mar-Apr\); 25 \(3\): E2](#)