

## **Chiropractors integral to Olympics**

**Question:** I noticed each country had their own medical team at the recent winter Olympics in Italy. Do chiropractors also participate in working with the athletes?

**Answer:** Chiropractors have been an integral part of the health team maintaining the highest potential of treatment for athletes all around the world. Dr. George Goodheart was named the first official chiropractor for the U.S. Olympic Medical Team at the XIII Olympic Games in Lake Placid, N.Y. in 1980. Dr. Goodheart, a friend and mentor of mine for years, tells the story of how many of the other country's Olympian athletes requested his services when they found out a chiropractor was on the American Medical staff. Prior to 1980 there was a political stigmatism to lock chiropractors out as part of the medical staff. Times have changed dramatically and now most every country employs a chiropractor to maintain their health and peak performance. Now, with the high-profile drug testing becoming a priority issue to maintain a fair playing field, natural health care to the athletes is essential. Chiropractic is the largest and most effective natural healing art in the world and has hence become the primary treatment focus for many Olympic athletic teams.

To become an Olympic-level chiropractor you must meet certain criteria. The chiropractor must have multiple years of experience working with both amateur and professional athletes. You must do a 100-hour on the field and in the arena activities program and be published in a referred scientific journal. Only the best of the best get to go as the representative of the chiropractic

profession, similar to the athletes themselves. It is quite an honor and those chosen do not take it lightly. Next summer or winter Olympics keep a close eye on the sidelines and you will see a lot of adjusting going on.

**Quote of the week:** "*Citius, altius, fortius (Swifter, higher, stronger.)*." - Motto of the Olympic Games.