

# Is It Time To Change The Conversation In Sports Chiropractic?

With Matt Hartenburg, DC

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12:30 pm (5 CE)

Homewood Suites by Hilton, 1417 South Neil Street, Champaign IL 217-352-9962



Sports performance is measured on the field of competition in yards, seconds, distance, points, and wins vs losses; but performance is created as a result of training. During their offseason, athletes strike a delicate balance between training and recovery to improve their physiology and demand more of their physical capabilities. An athlete in training follows the principle of specific adaptations to impose demands (SAID), to improve their performance over a period of weeks, months, and even years. The key element to improving performance is balancing an increasing training intensity with recovery efforts.

A sizable body of evidence is growing that investigates the role of the autonomic nervous system in recovery and training intensity. Coaches, athletes, trainers, and exercise physiologists are evaluating the sympathetic and parasympathetic nervous system to gauge an athlete's response to their training protocol. At the center of the conversation is the discussion of the human body's capacity for adaptability.

Sports Chiropractic has long been focused on the diagnosis and management of musculoskeletal injury, and Chiropractic advertising material has mentioned improved sports performance; but to date very little evidence exists to quantify or substantiate the role of Chiropractic and improved performance.

### It's time to explore a new role in Sports Chiropractic:



- How does a Chiropractic adjustment affect Autonomic measures such as heart rate variability?
- Understanding training programs and their desired effect on the athlete's physiology beyond the typical metrics of speed and strength improvements.
- What the evidence says about the subluxation and its effects on central and autonomic nervous system function.
- How can Chiropractors objectively measure athletes response to the Chiropractic adjustment in a means that is relevant to performance.

The **23rd Chiropractic Principle states** that "The function of Innate Intelligence is to adapt universal forces and matter for use in the body, so that all parts of the body will have co-ordinated action for mutual benefit." Adaptability is the very center of Chiropractic philosophy as well as exercise physiology. With more people turning up to the starting line of marathons, crossfit competitions, and triathlons each year, it is time to change the conversation of Chiropractic and sports performance!



### Complete and Return registration form with payment to:

IPSCA, Box 4174 Rock Island IL 61201 or Ph: 309-732-3233  
Fax: 309-732-3227 Or jreyes@illinoischiropractors.org

Name: \_\_\_\_\_

Additional Registration: \_\_\_\_\_

Office Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Payment Type:  Additional Basketball Tickets Amount Due: \_\_\_\_\_

Check  Discover  MasterCard  Visa

Credit Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expir Date: \_\_\_\_\_ CVC: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Cancellation Policy:** Registration fees will be refunded less a \$35 administrative fee for cancellations post marked 3 days prior. All requests received after will not be refunded.

### Maryland vs. Illinois Men's Basketball Tickets included with each registration

#### Cost:

<input type="checkbox"/> IPSCA Member	\$185
<input type="checkbox"/> Non-Member	\$235

#### Additional

Basketball Tickets \$35

Limited supply of basketball tickets available.

#### Room Block:

A small room block has been reserved under the IPSCA.

#### Door Registrations -

Add an additional \$25 to registration fee .