

Chiropractic is Giving Cheerleaders Something to Cheer About



Hamstring injury pain is a common occurrence among professional football cheerleaders. Now there is a proven, effective, non-drug treatment.

Each year, cheerleaders, professional athletes, and other sports enthusiasts experience repetitive movements that cause disabling injuries. Hamstring injuries — typically the result of a pull, strain or tear to the muscle — are amongst the most common injuries affecting cheerleaders.

But there's good news: New research published in the authoritative *Journal of Manipulative and Physiological Therapeutics*, (March 2011), found that specific hamstring exercise intervention provided by a Doctor of Chiropractic may result in significant relief of hamstring injury-related pain.

The season-long research involved 43 professional football cheerleaders who all received exercise intervention.

"After the season closed, we found that those who had reported hamstring injury-related pain between June and September showed a significant decrease in pain after receiving treatment," says Dr. Jay Greenstein, the lead author in the study. "Doctors of Chiropractic have extensive training in treating a variety of sports injuries through spinal adjustments, soft tissue techniques and rehabilitation — without the use of drugs or surgery." So whether you're a professional athlete, a weekend warrior, or anything in between, you too can experience the benefits of Chiropractic.

To learn more about the study and the essential role chiropractic plays in the well-being of Americans, visit www.foundation4chiroeducation.com.

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