

Chiropractic and Ultimate Fighting

Over the last several months, I have discussed many common conditions that respond favorably to spinal manipulation: back pain, headaches, sciatica, facet syndromes, disc herniation and disc degeneration, to name a few. What about those of you who don't necessarily have a "condition" and are just trying to improve your health and wellbeing?

Spinal manipulation and its benefits can be traced as far back as the ancient Egyptians. The Babylonians, Assyrians, Chinese, Tibetans, Hindus, and the ancient Aztecs and Incas of Central and South America were also found to have practiced this healing and health-boosting technique. Even Hippocrates, considered the father of modern medicine, was a proponent of spinal manipulation. These techniques were often handed down from generation to generation by families of bonesetters. The modern form of spinal manipulation has been refined by many years of research within the chiropractic profession. Although some Osteopathic physicians still incorporate spinal manipulation into their practice, the vast majority of spinal manipulation performed today in the United States is provided by Chiropractic physicians. In fact, the May 2009 edition of Consumer Reports rated chiropractic care as the most effective therapy for back pain.

Besides treating illness, manipulation of the spine is often used to enhance the body's ability to thwart disease and prevent injury. As the old saying goes, "An ounce of prevention is worth a pound of cure." At our clinic, we treat people of all ages and abilities from the newborn to the retired golfer to the professional athlete. I have been entrusted over the years to work with athletes of all levels. As a former wrestler myself, I grew to appreciate the benefits of receiving regular chiropractic care. I could literally feel the difference in my flexibility and strength when I was "well-adjusted." This feeling of preparedness is not unique to me. Many professional athletes are so in-tune with how their body functions that they work with chiropractors pre- and post-competition.

How does the Ultimate Fighting Championship (UFC) relate to this? I have a special appreciation for the unique ability of the mixed martial artist. Many of which were former top-notch highschool and collegiate athletes. These athletes have been cross-trained in everything from boxing, wrestling, and muay thai kickboxing, to jiu jitsu. Nothing compares to the expectation that these athletes have placed on their training and preparedness. Because of these high demands, chiropractic has been an integral part of their training regimen for many years.

Kevin "The Fire" Burns, an Ankeny resident and UFC veteran with a professional record of 8-2, was recently quoted as saying, "**Regular chiropractic care from Dr. Renze is a vital piece of my training regimen! It allows me to not only endure the long hours of training, but excel through them all while staying healthy.**" You can watch Kevin in action in *The Ultimate Fighter Finale, Team U.S. vs. Team U.K.*, to be televised live June 20 on Spike TV.

If you or someone you know is suffering from pain or just looking to take your health to the next level, please give us a call. We may be able to help.

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