

## 2012 Olympics: World's fastest man, Usain Bolt, utilizes chiropractic care



World's fastest man, Usain Bolt, says that he is fit and ready for London's 2012 Olympics and is convinced his defense of the 100m title could trigger one of the fastest ever races in the blue riband sprint. Bolt is a Jamaican sprinter and a five-time World and three-time Olympic gold medalist. He is the world record and Olympic record holder in the 100 metres, the 200 metres and (along with his teammates) the 4x100 metres relay and the reigning Olympic champion in these three events. He is one of only seven athletes to win world championships at the youth, junior, and senior level of an athletic event.

### **Usain Bolt regularly utilizes chiropractic care to improve his performance**

South Florida's Dr. Michael Douglas who is certified in Chiropractic Neurology has been the official Chiropractor of the Jamaican Olympic Team since 1996. He blends sports injury rehabilitation and traditional chiropractic care techniques and has performed these techniques on thousands of patients as well as on some of the world's greatest Olympians such as Usain Bolt, Asafa Powell, Veronica Campbell, Shelly-Ann Fraser and more.

Many, unfortunately, turn to chiropractic care only AFTER they have been injured. But, in addition to improving performance, speed and agility, ongoing chiropractic care and therapy can offer several health and wellness benefits vital to everyone:

- Improved Posture

- Increased Range of Motion
- Increased Flexibility
- Reduced Risk of Injury
- Reduced Migraines and Severe Headaches
- Improved Recovery After Sports Injuries
- Increased Blood Circulation and Oxygen Flow in Body
- Pain Reduction in Major Joints
- Better Focus and Concentration
- Reduced Stress
- Improved Immune System (for warding off common illnesses and diseases)

Whether you are suffering from a car accident, occupational injury, sports-related trauma or everyday pain, chiropractors everywhere are ready to help you even at the 2012 Olympics.

Chiropractic therapy offers several benefits for athletes who are constantly pushing their bodies to the max. In fact, other top athletes such as Tiger Woods and Lance Armstrong each have regular chiropractic care regimented into their routines.

Source: <http://www.examiner.com/article/2012-olympics-world-s-fastest-man-usain-bolt-utilizes-chiropractic-care>