

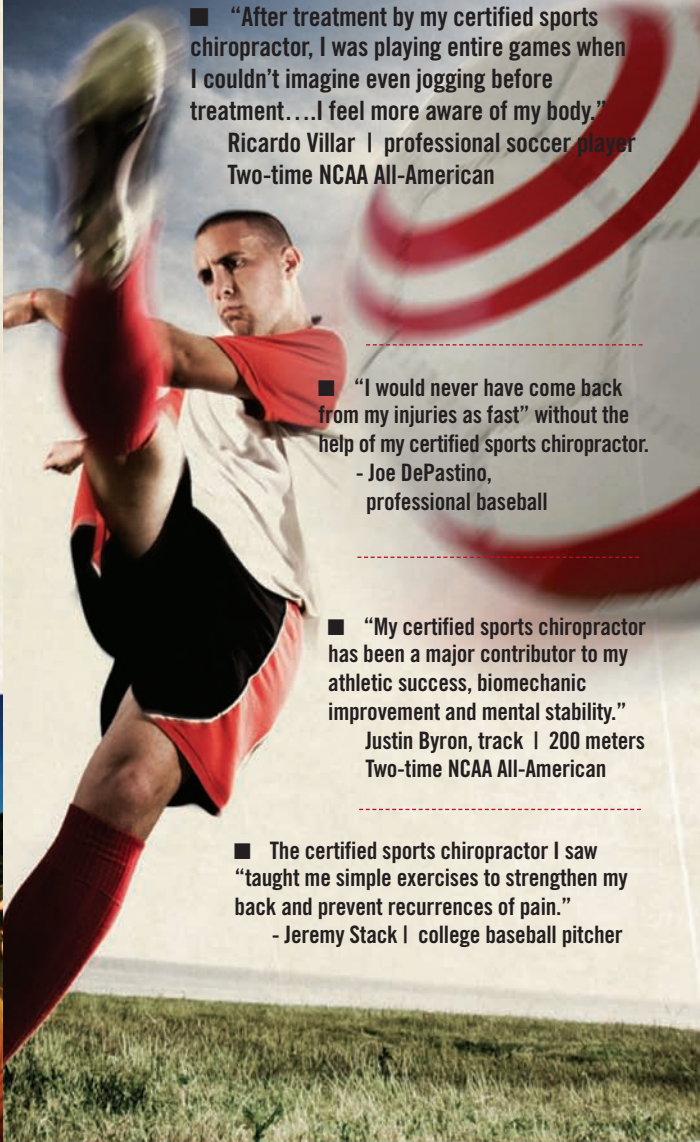


## OUR SPECIALTIES:

- Sports injury diagnosis, treatment and prevention
- Rehabilitation exercises
- Emergency procedures
- Preparticipation examinations
- Joint supports and taping
- Exercise prescription
- Sports nutrition
- Sport-specific athletic training

*Let a CCSP®- or DACBSP®-certified chiropractor optimize your athletic performance and move your body toward optimal functioning.*

## HEAR WHAT OUR PATIENTS ARE SAYING...



■ “After treatment by my certified sports chiropractor, I was playing entire games when I couldn’t imagine even jogging before treatment...I feel more aware of my body.”

Ricardo Villar | professional soccer player  
Two-time NCAA All-American

■ “I would never have come back from my injuries as fast” without the help of my certified sports chiropractor.

- Joe DePastino,  
professional baseball

■ “My certified sports chiropractor has been a major contributor to my athletic success, biomechanic improvement and mental stability.”

Justin Byron, track | 200 meters  
Two-time NCAA All-American

■ The certified sports chiropractor I saw “taught me simple exercises to strengthen my back and prevent recurrences of pain.”

- Jeremy Stack | college baseball pitcher

Our testimonials are from patients who have obtained sports injury treatment, rehabilitation care or athletic training guidance from CCSP®- or DACBSP®-certified chiropractors around the country.




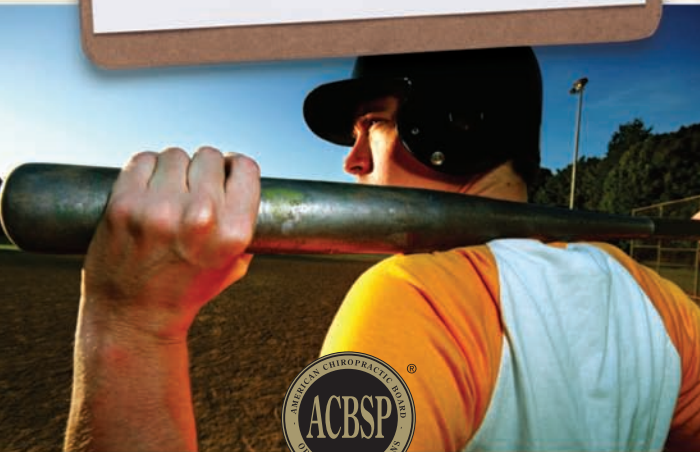
Get back in the game...

# FAST

NO MATTER WHAT YOUR GAME MIGHT BE.

## WHY CHOOSE A CERTIFIED SPORTS CHIROPRACTOR?

The best in healthcare for people of all activity levels — high-caliber athletes, recreational athletes or those seeking to feel great engaging in daily activities.



American Chiropractic Board of Sports Physicians™  
103 South 6th Street, Estherville, IA 51334  
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E-mail: [acbsp@myclearwave.net](mailto:acbsp@myclearwave.net)  
Web site: [www.acbsp.com](http://www.acbsp.com)



## 10 Things You Should Know About Certified Sports Chiropractors

### They...

1. Possess specialized knowledge of sports injuries and physical fitness
2. Are experts in the function of the body during movement, from high-level athletics to everyday activities
3. Can help optimize athletic performance by applying an advanced understanding of musculoskeletal function and performance enhancement
4. Offer individualized care that extends beyond spinal adjustment to include direct treatment of muscles, joints and connective tissues
5. Focus on total body wellness and reaching optimal functioning, not just reducing pain
6. Are immersed in the latest sports medicine research, trends and treatment techniques
7. Can integrate seamlessly with other healthcare practitioners to optimize your medical care
8. Are passionate proponents of physical fitness and skilled sports medicine practitioners
9. Will help you achieve YOUR peak performance with a breadth and depth of knowledge found only with their specific training
10. Comprise the top tier of the chiropractic profession

## WHAT ARE CCSP® AND DACBSP® CERTIFICATIONS?

**How do chiropractors achieve sports certification? There are two certification levels:**

**1<sup>st</sup>** Certified Chiropractic Sports Physician® (CCSP®) has completed a minimum of 100 hours of post doctoral education in specialized sports medicine topics and must pass a Board examination.

**2<sup>nd</sup>** Diplomate American Chiropractic Board of Sports Physicians® (DACBSP®) is the highest level of achievement. The doctor has completed over 300 postgraduate classroom hours, plus over 100 hours of on-field experience. The DACBSP® must pass a rigorous written and practical examination and must publish a paper in a clinical journal.

**How do certified sports chiropractors maintain their credentials?** Upon reaching either the CCSP® or DACBSP® level, the sports chiropractor remains abreast of the latest research and treatment innovations through continuing education and field experience. The American Chiropractic Board of Sports Physicians™ (ACBSP®) offers an annual seminar to update the doctors on the latest research and techniques.

**How do I know the certifications are valid and meaningful?** The CCSP® and DACBSP® certification programs are taught by accredited chiropractic colleges and the examinations are administered by the American Chiropractic Board of Sports Physicians™. Both certification programs are accredited by the National Commission for Certifying Agencies (NCCA), a national multi-industry organization that ensures certification programs adhere to modern standards of practice for the certification industry, including objective assessment of professional knowledge and competence.

## BENEFITS TO ATHLETES

- ◆ Faster recovery from injury—get back to play sooner
- ◆ Access to a wider range of treatment tools
- ◆ Expertise in high-performance athletics and preventive strategies
- ◆ Guidance for athletic training
- ◆ Sports nutrition consulting
- ◆ Individualized treatment
- ◆ Sports-specific treatment and preventive exercises
- ◆ Ability to integrate treatment with training

## AND TO NON-ATHLETES

- ◆ Faster evaluation of injury or pain source
- ◆ Reduced treatment duration; less visits
- ◆ Corrective exercises to prevent injuries
- ◆ Holistic approach wellness model
- ◆ Take advantage of the latest treatments and methods developed for athletics

**FOR MORE INFORMATION:**