

CHIROPRACTIC CHAMPION – ENDURO RIDER

In an ever increasingly competitive world of sports the need for special care of the athletes has become paramount. In the past chiropractic healthcare and its central focus on treating biomechanical disorders has not been as freely available to athletes. In recent years, however, sports chiropractors have been included in the polyclinics at major sports events and are now also members of national sports medical teams. Today many elite athletes and their coaches have experienced and appreciate the benefits of chiropractic care for improved performance, and for prevention and management of injuries. A recent study performed at the 2009 World Games in Chinese Taipei indicated that voluntary chiropractic services offered at various venues at the games were well utilized. Patients treated, showed a high degree of improvement post-treatment. In this study Chiropractic played an integral part in restoration to athletic function without the use of medication. Sports chiropractors world-wide, as members of the International Federation of Sports Chiropractic (FICS), are committed to promoting excellence in sports chiropractic and share the desire to make chiropractic care available to all athletes. The Namibian Chiropractic Association is also affiliated to FICS and our sport chiropractors have the opportunity to offer chiropractic care at national and international sporting events.

In a really tough sport like motocross and enduro motorbike racing the risk of incurring injuries is high. Our chiropractic champion of the month, Ingo Waldschmidt, knows just too well what this means. In this extreme sport riders really punish their bodies and push their capabilities to the limit. Over the many years of riding Ingo has sustained quite a few injuries and with age these injuries can slowly start catching up and negatively influence his performance. An old wrist and shoulder injury are a particular bother and need regular attention. Backache is also a general and common occurrence which needs re-alignment. Athletes just know when it is time for a treatment again. Ingo says he definitely feels an improvement after a treatment session. All the places that hurt feel at ease again.

"I feel I owe it to my body to be re-aligned by my chiropractor. It eases my mind and I feel fresh and ready to take on the world. If you get onto your bike with a sore back and an aching wrist you have lost half the race, because your mind is not focused. That's why I get chiropractic treatment regularly."

Ingo Waldschmidt:

2013 Dakar 44th overall
2nd marathon class
2011 Dakar 38th overall
3rd marathon class
2009 Dakar 52nd overall
14x Namibian National Motocross Champion
8x Namibian National Enduro Champion
7x Roof of Africa Finisher
Namibia National Motor Sport Colours
NMSF Merrit Award

