

Did you know that most of the teams in the National Basketball Association (NBA) now have a team chiropractor? This is because they understand the advantage that chiropractic care gives to their players in the prevention and treatment of injuries on the court.

Following are comments from some of the greatest players in basketball about what chiropractic has done for their careers and for their health.

Michael Jordan, 6-time NBA Champion, 6-Time Final MVP and 5-Time NBA MVP, said of chiropractic, “I didn’t know how much I could improve until I started seeing a chiropractor. Since I’ve been in chiropractic, I’ve improved by leaps and bounds, both mentally and physically.”

Derrick Rose, a former NBA all-star point guard for the Chicago Bulls who was named Most Valuable Player, is also a fan of chiropractic. Rose explained how chiropractic treatment was effective in allowing him to recover from back spasms that were severe enough to keep him off the court. In an ESPN interview, Rose said, “The whole week I was seeing a great chiropractor, (Dr.) Stuart Yoss. He did a great job on getting me back.” Rose had been forced to miss five games, the most in his career, but after his chiropractic care he returned to the court in top shape.

According to Gerald Wilkins, former NBA Guard with the New York Knicks, “My shooting has improved because of chiropractic. I feel more balanced and have more coordination and control. Since I have been under chiropractic care, I have improved by leaps and bounds.”



A former point guard for the Utah Jazz, John Stockton was named one of the 50 greatest players in NBA history in 1996. In a 2002 interview, Stockton attributed his continued success on the basketball court at the age of 40 to “a good chiropractor.” Stockton said, “I’m not a good enough expert on what that (chiropractic) entails, but it’s not just adjustments. It’s balancing muscles and overall health. It’s been great for me, and for my family.”

