

# Schwarzenegger and Chiropractic Team Up

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Which is bigger: the summer Olympic Games or the annual Arnold Schwarzenegger Bodybuilding Classic and Fitness Expo? The summer Olympics brings together about 10,000 international athletes. You may be surprised to know that the Arnold Classic, an annual event held in Columbus, Ohio, drew about 10,000 international athletes to its Feb. 22-23, weekend extravaganza. Over 70,000 people were in attendance, with 800 booths set up at the Expo. The powerlifting competition was so well attended that the fire marshal was forced to close the 4,000-square-foot venue to additional observers. Next year's "Arnold" is expected to host over 14,000 competitors.

The Arnold Classic and Fitness Expo ([www.arnoldclassic.com](http://www.arnoldclassic.com)) includes the cornerstone of the men's and women's bodybuilding/fitness contests, and the world's largest competitions in martial arts; powerlifting; pump-and-run 5K; cheerleading; and several other events with high prize money at stake. This year saw the addition of the "world's strongest man" competition and boys' gymnastics.

Once again, I represented chiropractic (and healing in general) as the medical director for the three-day event. Over 150 injuries were assessed by over 100 medical personnel. These included an unstable cervical fracture; pneumothorax from a martial arts blow; tracheal contusions (quite serious, due to an inability to intubate); complete tears to the pectoral muscles, biceps, Achilles tendons; muscle strains and sprains; chest contusions resulting in regurgitation of blood; foot and ankle fractures; finger and wrist fractures; optical contusions; and detached retinas: just your typical day in the chiropractic office!

Some of the highlights of this weekend included a 755-pound bench press in the "world's strongest bench" competition. Strongman Mark Henry lifting the atlas wheel (a 365-pound, nonrotating, six-inch-diameter bar) three times over his head from the floor. Several strongman events eventually resulted in Mark winning the overall competition with a grand prize of a Hummer vehicle. Despite Mark's size, he is fairly easy to adjust, thanks to the regular chiropractic adjustments he receives.

Fitness competitor Susie Curry had an ankle sprain/strain so severe that she could barely walk. I provided some manipulation to her ankle, and she soon was bouncing around and telling everyone how much better she was. She went on to win the fitness competition. It was a great moment for me (and chiropractic) when Arnold Schwarzenegger looked at me and said, "That's fantastic!" in response to the results of the treatment.

Aligned with the Arnold Classic is the ICA's Symposium on Natural Fitness, the 10th year the ICA has partnered with the Arnold. This year, ICA honored Arnold Schwarzenegger's commitment to chiropractic and health by presenting a donation of \$10,000 to the Inner City Games, a nationwide community action program developed by Arnold to organize after school activities for young people.

Jim Lorimer, and Arnold, the co-promoters of the Arnold Classic, are strongly aware of chiropractic presence and its support of the event. It is an honor to represent the chiropractic profession in such a capacity. Many people's image of chiropractic was quickly altered when they discovered the

event's medical director was not an MD or DO, but a DC. Typically, doctors of chiropractic are thought to only be associated with neck, mid-back and low back pain, and occasionally headaches. I am eager to watch our profession grow via our ability to assess emergency medical situations, and to show our diversity and clinical capability.

Many of the MDs that worked on the medical team felt that I was an oddity within our profession, but I assured them of the many conditions DCs are capable of assessing. I indicated that chiropractors find a good percentage of the cancers that are detected every year. I also indicated that chiropractic physicians serve (as I did) athletes in professional sports. There are chiropractors treating athletes in the National Football League; the National Hockey League; the National Basketball Association; in Major League Baseball; and on the PGA Tour, to name a few.

I have seen bodybuilding and powerlifting being taken to new levels and I am proud to see chiropractic also evolved with these sports. It is important that we educate the world about this involvement to gain further public and professional acceptance. With chiropractors working together, we will take the profession to new heights!

In promoting this event, Arnold and Jim's mantra was, "There are a lot of fun ways to get fit!" I agree and add: Play hard; train hard - but include chiropractic in your care!

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APRIL 2002