

Super Bowl Champs Make Chiropractic Part of the Team

Editorial Staff

Last year, the Denver Broncos joined the growing trend in the National Football League to integrate chiropractic as part of their full-time fitness regime. Head coach Mike Shanahan, who had witnessed what chiropractic could do for his players while coaching the San Francisco 49ers, was instrumental in hiring Dr. Nelson Vetanze of Aurora, Colorado and making him the Broncos' official chiropractor in 1998 (see News in Brief, DC, September 7, 1998 or the ChiroWeb archives at www.chiroweb.com/archives/16/19/14.html).

Under Dr. Vetanze's care, the Broncos returned to the pinnacle of professional football. After winning their first 13 games of the regular season, the Broncos swept through the playoffs and capped off the season with their second consecutive Super Bowl, defeating the Atlanta Falcons 34-19.

One reason the Broncos managed to repeat as Super Bowl champions is because most of the team's superstars remained relatively injury-free. Although starting quarterback John Elway missed four full games because of knee and hip injuries, the team returned to the championship game largely on the efforts of running back Terrell Davis and backup quarterback Bubba Brister, both regular chiropractic patients.

Davis led the NFL with 2,008 rushing yards and 21 touchdowns, only the fourth player in league history to gain more than 2,000 yards in a season. Brister filled in for an injured Elway during the season and led the Broncos to four wins, including tough victories against division opponents San Diego and Kansas City.

Based on the success of Dr. Vetanze's care, and with a record third straight Super Bowl title in sight, coach Shanahan decided to continue implementing chiropractic as part of the team's fitness program. To that end, the Broncos added a pair of local chiropractors to their staff in July.

Dr. Dan Hill, who practices in Parker, Colorado, and Dr. J.T. Anderson, whose practice is located in nearby Aurora, were appointed as the Broncos' official team chiropractors by Steve Antonopoulos, the team's head athletic trainer. Both DCs specialize in sports chiropractic and will provide care to the team at least twice a week during the regular season and off-season. "Chiropractic treatment helps prevent injuries and enhances overall athletic performance," said Dr. Hill, a 1989 graduate of Palmer College of Chiropractic.

"The spine and extremities are kept in peak condition with chiropractic care, providing the players with an edge on their athletic performance," added Dr. Anderson, who graduated from Parker College of Chiropractic in 1994.

Anderson and Hill both have a great deal of experience treating professional athletes. Before officially joining the team this summer, both doctors had treated several Bronco players in their private practices. Brister has been a longtime patient of Dr. Hill's, while Davis has been a patient of Dr. Anderson's for years.

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