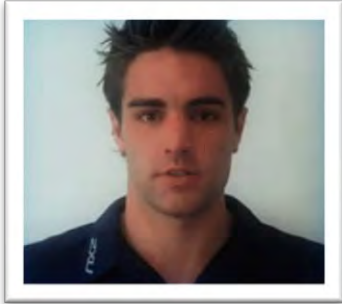


**Effortless**swimming Podcast

**Why Usain Bolt Travels  
With a Chiropractor  
(featuring Koe Davidson)**

**Podcast 15**

## The Effortless Swimming Podcast



*On this episode of [Effortless Swimming podcast](#). I have Koe Davidson who is a swimmer with me at powerpoints but he is also a chiropractor. I have been seeing Koe for the last couple of weeks about a sore back but going in to get that treated I have had a lot more come out of it than just that. I felt better in the pool, I have more power and I have felt a whole lot better just generally from getting treated twice a week.*

**Welcome Koe.**

Thanks Brent thanks for having me. It is good to be here.

**I just want to go through a couple of things that you go through when you take people into the chiropractic clinic.**

Basically with a new patient assessment it is a comprehensive history and examination of a person's chief complaint as to why they are coming into the office; in your case it was a sore lower back. Obviously there is a whole premise behind chiropractic is that is about making sure you know the system works properly. So if you have pain signals that are generating as a result of some sort of issue going on in your spine then that is actually a nervous system problem. So we are actually getting a pain signal that is being generated by some sort of injury whether it be a minor injury or a major acute injury. What we then do is assess what that is being caused by, get to the root of the problem and formulate a care plan that is going to be best for the patient that comes in.



Everyone that comes in goes through a comprehensive initial consult that lasts about 45 minutes to an hour and if necessary we will take some x-rays as well. Those x-rays allow us to see what is going on underneath the surface and really provide a comprehensive analysis of how bad that person is.

**That is one thing that you do differently too, when I came in. I have been to chiropractors before and it is just get treated, 15 minutes and then that's it. The difference when I came in was because you get the x-rays you get the tests done and then you can see where your body is not aligned and go about treating it.**

Exactly and everyone is a little bit different and will have different presentations but the premise of having a spine if having a nice spine that is really level. If you look at yourself from front to back we can see if your hips are level; looking at yourself in the mirror you should see that your shoulders are level and if you look at yourself in the mirror you should see that our eyes and ears pretty much sit nice and level as well. That is the whole idea from front to back in terms of alignment of the spine to make sure your nervous system is working really well. We look at you from the side and we should see a couple of nice curves going through the spine as well as this was a spine that we have here smooth thoracic kyphosis and a nice cervical lordosis as well. What we see changing in a lot of swimmers is that we actually see an extenuation or an exaggeration of the lumbar lordosis and that is usually as a result of some deep conditioning going on throughout the core and some really tight erector spinae or lower back muscles. We can also see a lot of problems with head position in swimmers in terms of anterior head carriage or the actual spine will move forward.

All these changes in terms of how the spine sits can directly affect how your nervous system functions. As you can see all these yellow nerve roots that come out from the side send information from your brain to your body and then the body also sends information back to your brain along those nerve roots. If you have any part of your spine that is not working properly then it can actually affect the way that your brain and your body send and receive information. So in terms of what we do; we do a stack of analysis every time you come in as to how your body is functioning whether it be through leg length analysis or palpation or range of motion assessment but we also use some kinesiology assessments in terms of looking at how **Brent's muscles function and then correlating that** to the direct area of the spine that is responsible for that muscle to function.

We will then assess that area of the spine if it is proven to be not where it should be or not working as well as it should be we will do a little correction or adjustment that we call in chiropractic and as we do that adjustment it allows that area of the spine to free up and for those nerves to communicate properly. So then you are getting the right information





going back to the brain, the right information from the brain coming back down to the body. Then you get muscles functioning better, you get better strength, better power better endurance and all these sorts of things so it is pretty cool.

**When I came in for the x-ray pretty much all those things that you are talking about were happening with my body. If you look at the hips one was sitting higher than the other, the neck was too straight...**

Exactly.

**The neck was sort of getting a lot of tightness through the traps because of that.**

A lot of issues with swimmers and I am guilty myself I am a bit of a lazy breather when it comes to breathing. I unfortunately only breathe to the left when it gets a bit tough and that can create issues as well. So we develop favourite side in terms of our breathing and that can create issues in the neck. Then obviously how you generate power into your stroke as well. If you are only turning to one side when you are breathing it can actually lead to you pulling deeper with your catch on one side versus the other side and create imbalances actually then down into your thoracic cage and make it rotation or as we call it deviations from front to back where we get a little bit of a scoliosis curve going down through the spine. That can actually then have issues in terms of the way that affects the nervous system as well.

**One of my favourite things when I get treatment twice a week is you will go through a couple of tests with the body. You will test the strength; you will know more about it; but you test the strength of the legs and the shoulders then you will make the adjustment to fix that and do the test again straight afterwards. From that one adjustment the power has increased so much.**

That is basically the kinesiology testing that we are doing with this. In terms of what Brent is talking about is a test where we check the glut strength and how that correlates to the lower back going onto your lungs and how your pelvis is moving. The corrections that we then do we then re-check and re-test and basically the strength comes back instantaneously. There is possibly another option for another podcast we can do down the track in terms of a video that we can do, potentially film an adjustment for you if you like.



**Definitely that would be good to see because to get those results so quickly from one adjustment it just goes to show that it is really important to make sure that everything is in alignment.**

**You can feel it too, when I get an adjustment in the morning and I swim later that day then I feel a whole lot more powerful, generally my times are quicker and everything start quickly. It is like one of those sessions that you feel good as opposed to one of those sessions where you might be a bit off your times and not really feeling it.**

Personally I found quite a big difference myself as I was a junior as an open level swimmer as a youngster and I could find that after an adjustment I could swim a full second quicker over a 50m in my freestyle, if I had been adjusted within 12 hours of competing in that event. The impact that your nervous system has is all important. Your nervous system controls every system in your body and if you have issues in terms of how that nervous system is able to communicate and how it is able to deliver that information to your muscles then you are not going to be able to deliver that performance that you are potentially hoping to achieve on that day.

**You are saying that Usain Bolt travels with a chiropractor?**

Usain Bolt actually has his own chiro that travels around with him. I have a colleague that has worked at quite high levels with Australian swimmers and Australian swim team. A lot of the elite level athletes all around the world are using chiropractors to get the best out of their performances.

**Yeah I can see why. If people want to get in touch with you where can they find you?**

Basically we are at Peak Potential here in Mentone, down at Bayside. The phone number is (03) 9584-1308. The website we will also hotlink it to the video is [www.peakpotential.com.au](http://www.peakpotential.com.au).

**Good stuff, alright.**

Thanks for having me.

**You're welcome.**

