

Sports Injuries

Whether you are a weekend athlete or a professional, there are a few things that all athletes have in common. They want to have the best possible performance in their chosen sport, and both types of athletes can get injured.

Let's take the weekend athlete, or for that matter, anyone who enjoys exercising. Injuries happen, pure and simple. While they can be minimized, they cannot be totally avoided. If a person participates enough in any physical activity, eventually that person will get hurt to some degree. The way in which an athlete treats injuries determines how fast the athlete recovers and how quickly he or she can get back to their activity.



Athletes may ask themselves why they get injured? They stretch out, and feel like they are in pretty good shape. So, why? Usually there is a very simple formula. In most cases, we play too hard, too long, or too fast. In the case of household duties such as spring cleaning, do any of us warm up before carrying those boxes into the crawl space of our ceilings? This may not seem like a sports injury, but in fact, overuse syndromes or playing full speed before we are really warmed up are the major causes of sports injuries. Simple household chores, while done cold, can mimic a sports injury to some extent.

If an athlete gets hurt, what can be done to get him back on the field? Rest is usually a good thing, but by itself, can take a very long time.

Chiropractic offers a balanced approach to the treatment and the healing of sports injuries. By using the chiropractic adjustment to return spinal segments to their normal mobility and by using physical therapy to help the supportive tissues (muscles, tendons, & ligaments), chiropractic physicians help the injured areas return to normal function. Combined with some rest to help the healing process, athletes will find their way back to their chosen sport. Afterward, better strategies for exercise and stretching will be discussed with the athlete to help him stay on the straight and narrow path to better enjoyment of his chosen sport.

Many professional athletes are utilizing chiropractic care more and more because they realize that it helps them maximize athletic performance. Articles continue to appear in major newspapers and magazines citing such stars as Arnold Schwarzeneger, former boxing champ Evander Holyfield, and football stars such as Emmitt Smith and Joe Montana proclaiming the benefits that chiropractic has meant for their careers. More and more professional and college teams are utilizing care for that same reason.



If you can remember that the whole premise of chiropractic health care is to restore spinal health so that the body has the best opportunity to maximize proper function, it is not hard to understand why the pros enjoy what chiropractic has to offer.