

"Sports" injury damage accumulate from our youth, up and through our Boomers years. Children begin as early as 3 years old in sports, music, dance and other fun activities; baseball to basketball, skiing to surfing, snowboarding to wake-boarding, soccer to football, bounce houses to horseplay, violins to drums, ballet to break dancing, skate boards to roller blades, bikes to scooters, gymnastics to martial arts. The younger the child starts the more problematic the future can be. These activities produce wear and tear on pediatric joints; the bone growth plates, immature ligaments, tendons and muscles, which will lead to problems that will be carried through adulthood. A child's body doesn't fully mature until they are in their twenties. We parents and doctors must address the damage by these repetitive stress and traumatic injuries to our children before more compound and it's harder to correct.

For us Weekend Warriors who continue to play sports, our joints are not as young as they once were. However, we don't want to stop "playing", so we must take better care of our full body including our spinal joints and nerves whatever our age. The need for Chiropractic Wellness Care for optimum health is for us as well as our children. So we may play pain free, keeping our bodies in shape and our immune system healthy to play another day. Plus ice and a lot of Kinesio tape