

# Sports



Sports injuries are extremely common in both children and adults. People are more active today than ever before. Your doctor of chiropractic can recommend exercises and stretches for preventing injury and maximizing performance. It is important to stretch before any type of rigorous exercise. If the muscles are not properly warmed up, the joints become more susceptible to injury. Low back injuries are the most common spinal injuries. Many common spinal injuries are sports related. By consulting with a chiropractor, the cause of the underlying sports injury will be determined. By performing specific adjustments to the spine, the adjacent muscles, tendons and ligaments are better able to perform properly. So, whether you exercise at a high or low level, chiropractic adjustments are important to everyone. Keeping the spine properly aligned helps to prevent serious injury.

Chronic sports injuries are often due to frequent repetitive motion with improper rest time. People do not allow for proper rest in-between their favorite sports causing "over use" injuries. Receiving a chiropractic check-up prior to the start of a sports season will save you money ultimately. This is because you will be less likely to undergo a more serious injury that will take time away from work and recreation.

It is also important to have your child receive regular spinal check-ups especially if they are active in sports such as gymnastics, soccer and football, just to name a few. Undetected childhood injuries can lead to chronic problems as an adult. Growth and development can be optimized when regular chiropractic check-ups are performing as a child matures. Chiropractic adjustments are extremely safe and can be performed on any age from newborn baby to senior citizens. Your chiropractor has specialized training in adapting the technique according to the age and fitness level of the patient. Speak to your chiropractor today in order to discuss the treatment that best suits your active lifestyle.