

Sports Injuries Professional athlete, amateur athlete or weekend warrior it doesn't matter we all want that special something to give us an edge against our competition. An increasing number of professional athletes, as well as professional and Olympic coaches agree, chiropractic is an important part of their teams "competitive edge." Athletes such as Jerry Rice, Chris Carter, Barry Bonds, Evander Holyfield, Tiger Woods, Al Unser Jr. and Joe Montana realize the importance of chiropractic care in increasing athletic performance and preventing injuries.

Proper mechanics and alignment means everything to an athlete. Can you imagine a car with unbalanced tires? This would affect how the car handled and as time passes the tires would wear out and more serious problems could arise. The same holds true for an athlete. If things are not in proper alignment then the body must work harder to compensate for the disturbance and nagging aches and pain can develop. Chiropractic care helps to restore proper alignment, thus removing undue stress to the joints and surrounding soft tissue.

Chiropractic care also helps restore function to the spinal (and extremity) joints that are "locked up", fixated, and not moving properly. For athletes, this may feel like a "catch" or they may feel that their joints feel "tight". By restoring proper motion to the "restricted" joint, a fuller range of motion is allowed improving overall performance.

Besides helping to relieve pain, chiropractic care can also help reduce inflammation and speed healing. Muscles, tendons, and ligaments depend on proper joint movement and nerve supply for peak performance. Injuries to these tissues can reduce range of motion, affect delicate nerves, decrease blood supply, and take you out of the game.

Normalizing spinal function and alignment helps speed up the healing of these soft tissues and reduce the deconditioning effect of being on the sidelines. Proper spinal function is essential for peak performance at work or play.

Whether you golf, play softball, or walk the best treatment for sports injuries is prevention! Let chiropractic care restore your health, improve your performance, and increase your competitive edge.