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"treating the cause of your problem, not just the symptoms"

Improve Your Athletic Ability with Chiropractic!

Whether you are active recreationally or for personal enjoyment, the best treatment for activity-related injuries is prevention. This includes a balance between proper nutrition, regular stretching, good muscular balance, normal nerve control, properly aligned joints, and exercising often. If a good balance between all of these factors is not met, injuries become more prevalent and exercising becomes less fun.

Many activity-related sports injuries involve the spine, shoulders, arms, legs, hands, and feet. When injuries in these areas occur, your range of motion can become decreased, your reflexes slowed, your endurance lessened, your strength reduced, which will decrease your overall performance. In order to achieve optimum function, your body parts all need to be functioning with as little inefficiencies or interference as possible.

Chiropractors look to the spine and joints of your arms and legs to ensure proper alignment, nerve control, and muscle function. If your joints are misaligned then they "grind" or do not function smoothly, causing joint pain. If your muscles are tight then they bind down the joints and are unable to contract to their fullest potential. As well, if the bones in your spine are misaligned and do not move smoothly, the resulting inflammation could irritate the nerves exiting your spine. These nerves control many different things, one of which is your muscles. Therefore, the muscles become hyperactive and in turn cause spasms or trigger points. Putting that all together looks like this: your joints misalign, nerves become irritated, muscles contract to brace the area of irritation, joints grind, pain ensues, and your athletic capabilities are then decreased.

Many exercise-related injuries stem from improper preparation prior to activity. You can help prevent injuries from occurring by wearing the proper gear, stretching before and after activity, eating the right foods, drinking plenty of water, keeping your joints aligned, and performing your activity properly. If injuries do occur from overuse or trauma then chiropractic can help restore function by reducing

inflammation, restoring joint range of motion, and improving the functioning of your nerves.

If you experience knee pain, ankle instability, hip or leg pain, shoulder grinding and pain, numbness, back pain, muscle tightness, wrist and hand pain, or other joint pain then chiropractic may help improve your performance by focusing on the cause of your condition rather than just treating it with medication. By keeping your spine and joints aligned and working smoothly, you will notice an improvement in the quality of your performance as well as your overall health.