

An Athlete's Best Friend

It doesn't matter if you are a professional or a weekend athlete, your best friend is your chiropractor. Chiropractors are some of the most actively involved health-care professionals in sports-related conditioning, injury prevention, treatment and rehabilitation.

The most typical injury involves the back, neck or shoulder, caused by over the head movements found in sports like tennis, softball, pitching, hockey, and even golf leading to pain and restricted mobility. Chiropractic adjustments are vital in restoring the biomechanics of shoulders, neck, upper back and hips. Many professional sports teams employ chiropractors to prevent and treat sport-related injuries.

A sports injury can take up to eight weeks to heal depending on the particular injury. Shoulder and knee injuries take the longest as those joints are the least stable. Once the injury has healed, it is a good idea to continue with regular chiropractic adjustments to keep the body balanced properly and functioning at its peak. Do not wait until you are injured.

Preventative chiropractic treatments are the place to start your athletic endeavors.