

## **ATHLETES, SPORTS INJURIES AND CHIROPRACTIC**

Every sport and recreational activity creates its own unique set of challenges to the human body. It is essential that any resulting injuries are addressed by a practitioner who specializes in the management and care of the human frame. Chiropractic care for athletes has been shown to be very effective in the management of sporting injuries. In addressing the underlying cause such as muscular imbalances and biomechanical deficiencies chiropractors are able to often achieve results quickly. Many people now also view chiropractic from a preventative point of view. They realize that regular care not only improves performance, but it also decreases healing and rehabilitation time. If an injury occurs they know they will bounce back quicker thanks to their chiropractic care. Therefore many athletes recognize that chiropractic care should not be looked at from only a crisis-care approach once they are hurt, but rather regular maintenance care. All over the world sports men and women are addressing the underlying biomechanical injuries like hamstring tightness, joint instability, muscle imbalances leading to muscle strain, ligament strain, chronic overuse injuries or even previous surgery with the help of their chiropractor. In fact more and more people every day are turning to chiropractic not necessarily because they are in pain, but often to maximize their performance on the sporting field. Just like Gabi Ahrens before the 2012 Olympic games. Thanks to Gabi's trust and knowledge of the chiropractic profession it was possible to reduce her shoulder pain, improve her function and help her to gain confidence in her ability with just days to go before her appearance at the Olympics.

### **For this reason Gabi Ahrens is our Chiropractic Champion of the month.**

The goal with every chiropractic rehabilitation program is to decrease pain, improve function, maximize healing and at the same time to develop strength in the affected area to lessen the chance of re-injury. The chiropractor will employ highly specific and safe spinal and extremity adjustive techniques to aid in recovery. In addition he or she may incorporate a combination of massage and/or myotherapy, therapeutic exercises as well as stretches.

It is a known fact that every type of sports injury will heal quicker with a spine and nervous system functioning at their best. Research has shown that chiropractic care can increase flexibility, improve agility, positively influence joint proprioception, sharpen reaction time, increase speed and kinesthetic awareness, improve balance and coordination and increase strength which is essential to the recreational and serious athlete. Research has also shown that muscles may become immediately stronger following a chiropractic adjustment. Many professional teams and individual professional athletes have their own team chiropractors. The professional athletes of today are always looking for something that will give them the edge on their opponent. Many are finding that chiropractic is that edge. Many of the greatest athletes in the world are adjusted before competition as a tune-up in an effort to place their bodies in a state of peak

efficiency. Following competition they are adjusted to enhance the recuperative process after the stress of the particular event.

There is an international body known as the Federation of International Chiropractic Sport (FICS) which is extremely active in building the public knowledge of chiropractic in sports medicine worldwide. The Chiropractic profession has a hands-on approach to the management of sporting injuries and FICS believes in "Empowering Athletes to Maximal Performance Naturally".

Chiropractic keeps athletes in top shape and maximizes their performance- without the use of drugs!



"In my sport I am highly competitive and only accept the best.  
I am convinced that chiropractic helps me prevent injuries and keeps my body in alignment"

Gaby Ahrens - Trap Shooter  
Two-Time Olympian  
African Champion and Commonwealth Games Medalist  
Namibia Sports Women of the Year 2010