

A NEW PERSPECTIVE ON SPORT HEALTH

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What do you do when your health is compromised by an injury and affects your performance?

Many athletes are sidelined today with injuries and have to warm the bench because their injury does not respond to ordinary treatment. Progressive coaches, athletes, and doctors are realizing that pain-killing drugs are not the answer. They merely cover up the symptoms, deceiving the athlete into actions that could make the injury more serious. Probably more than any other health profession, the Chiropractic approach assesses the body as a whole and focuses on the root of the problem. Most sports involve body contact, fast starts and stops, and positioning that places an unusual amount of strain on the back and structural system. Doctors of Chiropractic consider a person as an integrated being, giving special attention to the spine, joints, muscles, tendons, ligaments, and nerves.

Chiropractic is a NATURAL HEALTH CARE method that stresses the importance of keeping all the systems of the body functioning efficiently so the player enjoys peak performance, a minimum injury risk, and fast recuperative powers. Many world class and Olympic athletes, as well as professional stars and teams, have retained sports chiropractors to provide care.

WHAT IS CHIROPRACTIC?

Chiropractic is that science and art based on the premise that good health depends upon a normally functioning nervous system. When there is interference in the nervous system caused by a misaligned vertebrae or malfunctioning spine, tissues and organs may not function properly. Detection of these problem areas ("subluxations") and their correction by spinal manipulation will relieve nerve interference and allow the spine and nervous system to return to a healthy state. Correction of the problem and maintaining good health is the goal of Chiropractic. Chiropractors perform a comprehensive orthopedic, neurological, and chiropractic examination after a history of the injury is taken. The need for further testing, such as x-rays and blood tests, is based on the findings of the history and examination. Should the diagnosis show anything outside the scope of chiropractic care, the conscientious sports chiropractor will refer the athlete to one of the other health care specialties.

WHAT CAN BE TREATED WITH CHIROPRACTIC CARE??

The primary treatment of the Doctor of Chiropractic is manipulation (an "adjustment") to those areas of the spine or surrounding joints, which are slightly displaced and fail to function normally. Given by hand, the adjustment will restore proper alignment and function to the spinal joints, thereby restoring the normal nerve transmission and healing potential to the vital structures of the body. Therapeutic exercise, massage, and nutritional support are part of patient care when appropriate. Injuries like sprains (ankle), strains (e.g. pulled muscles), tendonitis (e.g. tennis elbow) and bursitis (e.g. shoulder pain) and joint problems in the shoulder, elbow, wrist, hand, hip, knee, ankle, and foot can all be treated effectively with chiropractic care. These are all good reasons to seek chiropractic care. The beauty of Chiropractic is not only that it is drug-free and surgery free care, but also a

preventative measure to injury and performance enhancing care. Maintaining proper alignment will allow athletes to be prepared for their sport.

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 their particular event.

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