

Sports Injury Information

Courtesy of Desirée Van Bogart, D.C.
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Health Alert:

The Mechanism of a Sports Related Injury

The most common sports-related injuries primarily are overuse injuries, which occur from wear and tear on the body, particularly on joints subjected to repetitive motions. Overuse injuries are usually the result of improper equipment, poor training practices, inadequate rest after an injury, lack of conditioning, or insufficient warm-up and stretching.

The body naturally reacts to an injury to help protect the area from further damage. At the moment of injury, chemicals are released from damaged cells, triggering a process called inflammation to neutralize toxins at the site of the injury and prevent their spread to other tissues. Scar tissue is formed on the skin or inside the body within days of the injury. The amount of scarring may be proportional to the amount of swelling, inflammation, or bleeding within. Within a month, scar tissue may start to shrink, bringing damaged, torn, or separated tissues back together. However, it may be several months or more before the injury is completely healed.

Having a sports related injury treated properly will allow for faster healing time. Medical professionals can help athletes reduce inflammation, minimize scar tissue buildup, and rehabilitate damaged muscles.

Chiropractic:

How to Avoid the Sidelines

For the dedicated athlete, it is important to avoid sports related injuries during the season. Many general medical physicians do not have the specialized training to prevent injury and can only prescribe pain relievers after damage has occurred. However, chiropractic care specializes in aligning the body so the joints and spine move within their proper position and reduce stress on the surrounding tissues. This allows athletes to feel great and also physically perform at their very best ability.

Chiropractors can treat all joints in the body, including injury to the shoulders, knees, hips, ankles, elbows and wrists. Most common sports injuries successfully treated by chiropractors include strains and sprains of the hamstrings, quadriceps, groin, ankles, and shoulders, knee pain, shin splints, tendonitis, plantar fasciitis, and rotator cuff pain.

Talk to a doctor of chiropractor about injury prevention before you end up on the sidelines all season.

One Decision Can Change Your Life.

Our approach to medicine, healing, and wellness is a little different at Desired Health Chiropractic. We do not care for people's problems; instead we care for the person. We know you are looking for an answer to your health concerns. We know you may be frustrated, confused, and angry at your current state of health.

Regardless of where you have been, we can offer you a new beginning that can and will change your life. Consider Desired Health Chiropractic as your haven for healing.

**Know someone you care about with pain?
Share this newsletter when you are done
and you may help change their life!**

Exercise:

Kinesiology Taping to the Rescue

Desired Health Chiropractic offers a specialized type of sports taping using the Kinesiology Taping Method. This method provides support to the injury while still allowing full range of motion so you can start playing right away. It also enhances the body's natural healing process to get you back to normal faster. This revolutionary method can also be used to prevent injuries.

The special tape that is used can last between 3 - 5 days per application, where regular sports tape is only good for one day per application. It is water-resistant so you can shower, swim, or do any other water sports without having to worry.

Many times it is possible to continue to play the entire season with regular chiropractic care in conjunction with this supportive taping method.

Mental Attitude:

*Do you know what my favorite part of the game is?
The opportunity to play. ~Mike Singletary*