



## Sports Injuries and the Chiropractic Approach

Spinal injuries can restrict range of motion, reduce strength, slow reflexes, shorten endurance, and decrease performance. Chiropractic care for these types of injuries has become increasingly popular. Professional sports teams, Olympic trainers, and competitive athletes are employing chiropractic doctors - because the demand results.

Chiropractic care helps restore function to spinal joints that are "locked up", fixated, and not moving properly. Besides helping to relieve pain, chiropractic care can also help reduce inflammation. Muscles, tendons, and ligaments depend upon proper joint movement for peak performance. Injuries to these tissues can reduce range of motion, affect delicate nerves, decrease blood supply and can take you out of the game. Normalizing spinal function helps speed the healing of these soft tissues and reduce the deconditioning effect of being on the sidelines.



## Aerobic Exercise

An aerobic exercise program or a plan of brisk walking can improve muscle tone and help you avoid strains, sprains, and other activity-restricting health problems. Whether you golf, play tennis, bicycle, or bowl, the best treatment for sports injuries is prevention!

Contact Bailey Chiropractic Centre for a care plan based on your age, condition, and health objectives. Chiropractic care can restore your health, improve your performance, and increase your competitive edge.

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