



Top Benefits of Chiropractic Care for Athletes

ONCE EVERY FOUR YEARS, the Summer Olympics take over for two weeks in August. On every platform, from social media to your television, Americans are entranced by the feats that Olympians are able to accomplish with their bodies. Olympic athletes flip through the air, kayak raging waters, break speed records on the track and in the pool, lift immense amounts of weight, and bike their way into history. As we sit down each night to watch primetime coverage, we wonder how these Olympians keep their bodies from breaking down—how are they able to keep training day after day and year after year?

There's no denying that physical activity can take a toll on the body for all athletes. The daily rigors of training and practice can place large amounts of impact, strain, and stress on the body and its muscles. It doesn't matter the sport: from football to cross country, soccer to baseball, volleyball to lacrosse, these are sports that demand intense physical effort from the athlete. That's one of the many reasons why athletes at all levels turn to chiropractic care to keep them injury-free and feeling their best on the court, field, track, or at whatever location they compete.

HEAL FASTER

While many athletes receive chiropractic care only when treating injuries, chiropractic adjustments have an additional value: they reduce the healing time for minor injuries. Regular spinal adjustments reduce the irritation of the nerve roots between the vertebrae, allowing the body to heal faster.

PREVENT INJURIES


Chiropractic care also helps to prevent injuries. For athletes involved in high-impact sports like football, soccer, and lacrosse, chiropractic adjustments increase flexibility, improve performance, increase blood flow, and improve range of motion, thus minimizing the risk for injury. As further evidence, a recent study conducted in BMC Musculoskeletal Disorders reported that football players who used a regiment of chiropractic care had fewer leg injuries than those who did not.

For athletes of low-impact sports like golf or tennis, chiropractic adjustments help to relieve the strain placed on the body from repetitive movement. Chiropractic care is a natural and effective method for stopping injuries before they happen.

DECREASED PAIN

The spine plays an integral role in keeping athletes out of pain and in optimal health. Joints, muscles, nerves, discs, and ligaments are all sensitive to pain. When there are misalignments in the spine, these tissues receive more stress and strain than usual, resulting in pain throughout the body.

ACHIEVE PEAK PERFORMANCE

When the spine is even slightly misaligned, the resulting dysfunction can cause areas of irritation in the nervous system, thus disturbing other systems of the body. When systems of the body are not functioning properly, athletic performance diminishes. Conversely, when the spine is performing at its peak, the rest of the body does, too. When athletes receive chiropractic care, their athletic performance is noticeably improved. 



Sports Performance Care

Dr. Jason Van Ness, a Certified Chiropractic Sports Physician, and his team have been helping Barrington area athletes stay active for over 19 years with chiropractic care, corrective exercise, sports massage, digital gait analysis, custom sport orthotics, and flexibility coaching. Van Ness Chiropractic emphasizes injury prevention, injury recovery, and performance care. They offer superior evaluation and treatment for today's athlete. Their integrated care will help ensure that their athletes are prepared to compete at their best for any race, big game, or tournament. Call today to schedule a Complimentary Flexibility Assessment and Movement Screen (an \$80 value) and achieve the peak performance you've been searching for. Call 847-842-8070 for more information, or visit www.vannesschiro.com.