

Sports Chiropractic - II

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There are good reasons why the athlete should seek the talents of sports chiropractors for the treatment of sports injuries, because of their special attention to spinal biomechanics and joint manipulation. The importance of voluntary muscle action depends upon normal joint play. If normal, specific joint movements are not present, a joint's active range of motion is lessened. Muscles cannot be trained to their full potential and will not perform to superior levels if they cannot fully extend and shorten. The practitioner of spinal manipulative therapy, then, plays an important role in the prevention of injury and the enhancement of athletic performance by the special emphasis placed on joint play.

The chiropractic approach, after other pathology has been ruled out, is to test for joint and muscle dysfunction, and where it is found, restore normal motion by using highly specific manipulative (adjustive) techniques, as well as using associated muscle techniques. Today there is a body of research which supports the conclusion that skilled manipulation provides quicker relief from most acute musculoskeletal pain than any other treatment approach.

In the case of a muscle strain or joint sprain, for example, chiropractic management combines use of testing, physical therapy modalities and exercise, with manipulation for dysfunction. The key, is to consider the whole, linked, musculoskeletal system as one. The goal of management is to find lost ranges of joint motion and muscle function before aggravation produces injury. Leaders in the sports medicine field agree, manipulation has an important role in the treatment and prevention of athletic injuries.

It is the experience of many athletes, and organizations (such as the U.S. Olympic Committee) which serve them, that everyone benefits when Chiropractic services are available within an integrated sports medicine team - the athlete, the coach, the trainer, MD's, PT's and of course, the Sports Chiropractor.

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