

# #323 Sports Transcript

## Sports Brochure

Header: Sports  
Subhead: And the Chiropractic Lifestyle  
Photo: Golfer

Photo: Bowlers

Caption: The lumbar spine is the most frequently injured area of the spine.

### CONSULTING A CHIROPRACTIC DOCTOR.

Professional athletes, "weekend warriors", joggers and those who want to stay in shape are discovering the benefits of chiropractic care. Why is that?

Many sports-related injuries involve the spine.

### IMPROVING YOUR COMPETITIVE EDGE.

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 they 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 reduce range of motion, 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.

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!

Ask your Doctor of Chiropractic for a care plan based on your age, condition, and health objectives. Find out if chiropractic care can restore your health, improve your performance, and increase your competitive edge.

Photo: Aerobics class

Caption: Help prevent sports injuries by proper stretching, warmup/warmdown exercises, and by staying in shape.

Photo: Childhood team sports

Caption: Sports injuries among youngsters are often ignored as "growing pains". Regular chiropractic checkups can help avoid problems seen later in adults.

Photo: Backyard basketball

Caption: Proper spinal function is essential for peak performance at work or play.

### THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

### References