

SPORTS AND CHIROPRACTIC

By: Dr. John Berezny

Competitive sports are very popular today and people are getting involved in them at younger and younger ages and staying involved with them to much older ages. Sports and exercise are very good for you mentally and physically, especially in this day and age when our lifestyles are generally more sedentary at work and school. There are many positive benefits of sports and exercise, but they do however pose a significant risk for trauma and overuse injuries.

Chiropractic has proven to be extremely effective at helping athletes, young and old, highly competitive or recreational, to recover more quickly and completely from injuries. Chiropractic restores proper balance, alignment and mobility to the spine and extremities. Chiropractic primarily restores proper balance and function to the nervous system, which controls and coordinates all functions of the body, including healing. Sports injuries heal more quickly and completely with better nerve supply, yielding better alignment and muscle tone, better joint function, better circulation, better digestion, better immune system function, and better detoxification mechanisms.

The most exciting benefits of chiropractic for athletes are not in the area of healing from injury. The greatest benefits are injury prevention and improved performance. A balanced spine and nervous system yields a more balanced muscle and joint system that is less prone to injury and the effects of repetitive stress. Studies have revealed dramatic improvements in the areas of speed, power, balance, agility, reaction time, and hand-eye coordination.

Athletes of all ages and levels of ability perform better when under chiropractic care. Most professional athletes and Olympic athletes wouldn't dream of competing without the benefits of regular chiropractic care because they know and have experienced the benefits. You deserve the same quality care for you and your family, no matter your fitness or activity level. We at Berezny Chiropractic pride ourselves on making high quality chiropractic care affordable to all, not just high paid professional athletes.

Get the most out of your workouts and achieve peak performance and optimal health. Make chiropractic a part of your wellness routine. Call our office to schedule a complimentary appointment to learn more about the benefits of chiropractic.