



Chiropractic Care for Athletic Injuries



Overview

For a serious athlete, nothing is worse than an injury. Muscle strains, joint sprains, dislocations and muscle imbalance issues are common in many sports. An injury can be painful. It can take you out of the game. But chiropractic care can help. A chiropractor can speed your recovery and help keep you from getting injured again.

Exam

Chiropractic care begins with an exam. You are asked about your history, your pain and any other concerns. Your chiropractor will look at the structure of your skeleton and muscles, and see how your body moves. Your spine is studied to make sure it is distributing your weight evenly. X-rays can help show a spinal misalignment or another problem that may be causing you pain or other issues.

Care and Management

Chiropractic adjustments, exercises and other options may all be helpful. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.

