

Chiropractic Health Maintenance and the Athlete

By Dr. Boyd Williams
Certified Chiropractic Sports Physician

In today's world of sports, great pressures are placed on the athlete not only to compete, but to win... because nobody remembers second place. The best athletes train hard, eat right, and use proven methods which have made others successful. No athlete can expect to stay on top unless he/she is able to remain injury-free and maintain good health.

What is this thing called "health"? It must be more than the absence of disease but the preservation of normal body function and condition. It has to include recognizing and avoiding that stage that comes between being perfectly healthy and being sick.

The concept of health maintenance is not new to the chiropractic profession. Throughout its history, chiropractic doctors have promoted the concept of "body ecology." The science of chiropractic, holds as its basic tenet, that the underlying cause of many health problems is based in the loss of spinal and body joint function often times resulting in altered nerve function.

Chiropractors pay special attention to joint biomechanics and muscle function. If the joints of the spine or body can not function properly, the muscle(s) involved with that joint will not perform with the strength, speed or flexibility otherwise possible. Only a chiropractor has the training to fully evaluate and correct joint function.

This type of evaluation for nerve function allows the chiropractor to not just treat an injury but determine a potential weakness before it may develop into symptoms or injury, thereby maintaining good health through prevention. This is why chiropractic is the fastest growing segment of today's natural drugless healthcare. Everyone, especially athletes, must appreciate and work toward maintaining their health naturally if they are to truly stay healthful.

For more information on this or other health topics, including information about our services, go to www.creatingfamilywellness.com or call 281-4878.