

# RECOVER FROM SPORTS INJURIES



# Recover From Sports Injuries

When you are injured or experience trauma, your brain and nervous system signal protective patterns to “lock down” the muscles and prevent movement.

Although this response may be a good response initially, it can very quickly become a problem because it slows down the overall healing process and creates movement dysfunction.

At Circadian Chiropractic & Sport, we use Chiropractic care followed by working with The Neubie to find exactly where these responses are in the body and get you on the path to lasting healing using *3 Steps to Optimal Recovery: identify, reset, breakthrough.*

**STEP 1 : IDENTIFY** - We start with a mapping process of the body, using the NEUBIE® to identify exactly where the nervous system is imposing limitations on your body and restrictions in your movement.

**STEP 2 : RESET** - Once identified, we will help you reset those areas in order to change the underlying patterns. This opens up the pathways for the body to heal more effectively.

**STEP 3 : BREAK THROUGH** - By working through these restrictions, you can tap into the range of motion, strength, and capacity for pain-free movement that you had all along. These breakthroughs add up to a more efficient and effective recovery, plus a reduced risk of injury in the future!

NEUFIT IS USED BY :

- NFL Teams
- NBA Teams
- MLB Teams
- NHL Teams
- Elite Athletes
- Division I Universities

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