

Prevention of Injuries

Athletes put themselves at risk of injury every single time they train or compete. Injuries can be scary to athletes as all it takes is one wrong injury to prevent them from participating in their sport ever again. With that in mind, they must be taking proper precautions to prevent injury while also ensuring that they have proper care that truly allows them to heal in the event of injury. However, injuries can be unpredictable and out of our control at times.

This is why it's so important that we ensure our body is as best equipped as possible in case injury should arise. In fact, researchers recently took a good look at data collected from athletes over a 2-year period. They found that athletes with stiff muscles and improper balance were at a higher risk of injury! Stiff muscles can mean that an athlete's ability to perform is impacted. Without the ability to perform optimally, athletes are more likely to make errors in their performance, leading to injury. Furthermore, stiff muscles and improper balance are signs that their body is unable to adapt; this can cause them to be unable to adapt to an injury should it occur and an inability to properly recover.

Better posture and stability can mean a better ability for athletes to adapt – this is important as they are performing and competing! Athletes need to be able to switch gears and adapt to the sport they are participating in. Being unable to do so not only creates poor performance but increases the risk of injury. Luckily, chiropractic care can help! Chiropractic care helps to restore optimal function to the nervous system. This brings many benefits, including better balance and a decrease in stiff muscles! Chiropractic care helps keep us in the game while giving our body its' best chance at optimal health!



Chiropractic can definitely help athletes recover from injury, but by improving the adaptability of their body, it can help prevent injury, too!

Fisher H, Gittoes MJR, Evans L, Bitchell CL, Mullen RJ and Scutari M (2020) An Interdisciplinary Examination of Stress and Injury Occurrence in Athletes. *Front. Sports Act. Living* 2:595619. doi: 10.3389/fspor.2020.595619



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