



Monthly Wellness Bulletin

Care for the Athlete

The good news is that more and more people have included regular exercise into their lifestyles. But with that, sports-related injuries have increased dramatically. Research suggests that as many as 25 million recreational or “weekend” athletes seek medical attention each year. Most of us think sports injuries are something you get from full-contact sports like football or basketball. “The fact is, most sports injuries are non-contact injuries,” says Fred Allman, M.D., director of the Atlanta Sports Medicine Clinic. “They mostly occur from overuse of a specific part of your body, improper technique, structural and mechanical imbalance, dietary deficiencies or undertraining”.



The Doctors at InMotion routinely treat, correct and rehabilitate patients suffering from sports related injuries using acupuncture, chiropractic adjustments, electric stimulation, active release-type techniques, massage therapy, core strengthening exercises and dietary strategies.

We assess each case individually to determine, not only the type of injury, but also the cause. By performing a full orthopedic examination we are able to determine if the athlete has weakened core musculature, structural and/or postural faults, muscular imbalance, or joint dysfunction or fixations that increase the chances of injury. For example, a foot with fallen arches will directly affect the function of the knee, sacrum, hips and pelvis. A runner such as this, who starts with no foot pain, could show up in our office weeks later with severe knee pain or hip and low back pain.



And...don't underplay the importance of a healthy diet when it comes to competitive or recreational sports. Muscles, tendons, ligaments and bones need to be fed the proper nutrients to be able to withstand the forces placed upon them during even the simplest of sports. “If you don't have a healthy diet, it's going to affect every part of your body,” says Becky Zimmerman, R.D., staff dietitian at The National Institute for Fitness and Sport in Indianapolis. “Your muscles won't have enough fuel, your cardiovascular system won't work as well, your body won't be as strong and you'll be more susceptible to injury.”

Testimonial: *My original problem was a torn right hamstring muscle, which occurred while lifting weights. After evaluating the situation, Dr. Neff suggested using acupuncture to treat the injury. After only a week and a half, the pain was completely gone and I could walk as if nothing had ever been wrong with my leg.*
– D. Raley

Testimonial: *About a month ago I began experiencing sharp pain below my knee cap doing aerobic activity. Dr. Neff checked out my knee and paid close attention to which movements caused pain. He then checked out my ankle to make sure that there was no further injury due to compensation. The very next day, after my adjustment, my knee felt so much better. Now, a week later I have not experienced any pain since...I am now able to go back to running.* – Emily Voss

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