

# FACT SHEET

## SPORTS INJURIES



Sports injuries are very often no more than everyday problems that have been exposed when someone who does not normally do a lot of exercise over stresses his or her body.

This may be because of poor gait or posture, lack of fitness or inadequate equipment.

However participating regularly in any sporting activity may also leave a person open to the possibility of over training, overuse or repetitive strain injuries. These can have harmful long lasting effects whatever the age so it is important to learn to recognise the warning signs. Problems that may be noticed include:

- Poor performances
- Loss of weight
- Joint or muscle pain without injuries
- Nausea
- Colds or stuffy nose
- Depression, irritability, insomnia or anxiety

Chiropractic treatment for sports injuries concentrates on adjustments to your spine, joints and muscles, so allowing them to move correctly. Advice on rehabilitation, maintenance and exercises to improve strength and flexibility may also be given.

As well as the treatment of injuries, Chiropractors can carry out pre-season checks of athletes to identify, treat and strengthen any weak areas before injuries can occur. Regular check-ups can then help to maintain optimum performance.

For advice or a free consultation please call Dynamic Chiropractic on 0800 652 8854.

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