

Foot Levelers's Notes

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**Conditioning for ultimate performance**

by Foot Levelers on Monday, November 14, 2011 at 10:03am



Many people are unaware of the importance of stretching and conditioning the body before physical activity. We typically become so motivated to get up and go, our bodies are left to adjust without warming up.

When stretching is avoided, a critical opportunity for injury prevention is missed. Inactive bodies are more vulnerable to a muscle tear or a strain, as opposed to a

body that is flexible and limber.

According to the American Chiropractic Association, *"Flexibility not only reduces stiffness in the body, but it also helps your body to pump blood to your muscles and nerves, helps alleviate the possibility of aggravating or reinjuring yourself if you have any musculoskeletal problems and helps maintain good range of motion of your joints."***[1]**

This is why many professional athletes will stretch thoroughly and receive chiropractic treatment before game time. Flexibility is a major catalyst in athletes seeking to prevent themselves from injury and perform at their best.

**Active bodies**

Our bodies are designed to be active – but we must be conditioned first. Prolonged sedentary behavior can disrupt the body's equilibrium. Imagine getting up from the couch after 10 hours – the body feels stiff and mobility is weakened. This position has led the body's natural biomechanics to tighten up, therefore limiting functionality.

Over time, this irregular position in which the body has been contorted can lead to imbalances throughout the body. As a result, the body struggles to perform at its greatest ability.

As stated in a Chiropractic Sports Institute article, *"Any imbalance, can cause pain, weakness, lack of function and overall a decrease in your maximum output. If the imbalance isn't corrected and you cover up the symptoms your body is sending you, over time, this will lead to degeneration and an early retirement from your sport."***[2]**

Chiropractic adjustments can correct the body's postural imbalances and realign components of the musculoskeletal system. By correcting these imbalances, limberness is restored, providing headway for an athlete's overall performance when needed the most.

**Cooling Down**

Athletes in the final stretch of a run, or the expiring minutes of an intense sporting event find themselves in "the zone". Their bodies have endured physical activity and are now running full bore on all cylinders. Pain, at this point, is no longer apparent. The body may be tired, but nothing beats the gratification of a thorough workout.

It is after exercise when athletes need to point their focus toward chiropractic care. Injuries can come abruptly. Whether it is from repetitive motion, collision with another athlete, or impact on hard surfaces – injuries typically show their true colors after the adrenaline of exercise has settled down.

When soreness and pain are experienced after exercise, relief typically comes in the form of aspirin, acetaminophen, and other NSAIDs. Painkillers only create temporary relief and prolong the extent of the injury - the keyword being *relief*. The body needs *treatment* when dealing with persistent pain.

For example, a twisted knee can cause the body to slump to one side, dropping the hip, which disturbs to the lower back. While NSAIDs may provide quick relief, the problem is not resolved. Most are unaware that their back pain is derived from an ailment in the knee. Athletes of all levels should seek chiropractic treatment to correct the issue.

Chiropractors specialize in the biomechanics of the body; they pinpoint the origin of pain, to relieve other parts of the kinetic chain that can potentially be affected.

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Having the ability to exercise and be active is a huge part of many of our lives. In order to carry on our passion for exercise and sports, we need to take care of our bodies.

[1] American Chiropractic Association. (2011). *Flexibility Exercises*.  
[http://www.acatoday.org/content\\_css.cfm?CID=4594](http://www.acatoday.org/content_css.cfm?CID=4594)

[2] Weyman, Terry. (November 28, 2007). *Chiropractic for Maximum Output!*  
<http://www.gotcsi.com/reference/chiropractic-for-maximum-output.html>

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