



How Chiropractic Care Benefit Sports Performance

Description



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During it's history in America, chiropractic care has gained more acceptance in sports medicine for the ability to ease physical pain. Chiropractic care is a form health care that brings a spotlight on the nervous system and musculoskeletal system. Playing sports has many great benefits but it also increases chances of injuries. Sports players are more at risk for injuries like sprains, strains, tears, pulled muscles or torn ligments. When most players get injured, they automatically turn away from their passion of playing, but the answer to the problem isn't ceasing physical activity to try and prevent future injuries but to seek help. Boxers, football players, soccer players, martial arts performers or any sports players in general can benefit from from chiropractic care.

Chiropractor's main goal is to promote a flexible and pain free lifestyle to their patients, specially those who participates in frequent injury activities like professional players. They set specific physical activities for each patient such as stretching and execises as a training program to help with their complaints. They also perform spinal manipulations and adjusments when patients are in pain. That is critical because spinal health is the best approach to a proper functioning body. Sports chiropractic care has be proven beneficial in the treatment of some types of sports injuries and the prevention of many others. Tiger Woods, a famous golfer stated that following up with a chiropractor has made him a

better golfer and is important to his training.

At Move Well MD, we use chiropractic adjustments, therapeutic stretching exercises, targeted massage therapy, acupuncture, cupping, lifestyle and nutritional counseling. Come see us to discover why sports chiropractic care is an essential part of your athletic health.

Our talented team of practitioners offer:

Physical medicine
Physical rehabilitation,
Chiropractic Care
Acupuncture
Massage therapy
Trigger point injections,
Posture analysis,
Digital range of motion testing
Amniotic allograft (including stem cells) joint injections.

Move Well MD in Manhattan located in the downtown financial district of lower Manhattan, New York, NY 10038, we use an integrated system of care to relieve pain, improve range of motion and help you to move well again!

Our office is located on the 12th floor of 150 Broadway (between Maiden Lane and Liberty Street), Suite 1213.

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Author

ivan_seoclinic