

CHIROPRACTIC

NATURAL HEALTH™

is for Every "Body" Vol. 12, Issue 4

Recovering from Sports Injuries

*Have you given up golf because of a bad shoulder?
Does an old injury keep you from playing your
favorite sport? Does back pain stop you from playing
your best? Chiropractic can relieve your pain and
restore movement—on or off the field.*

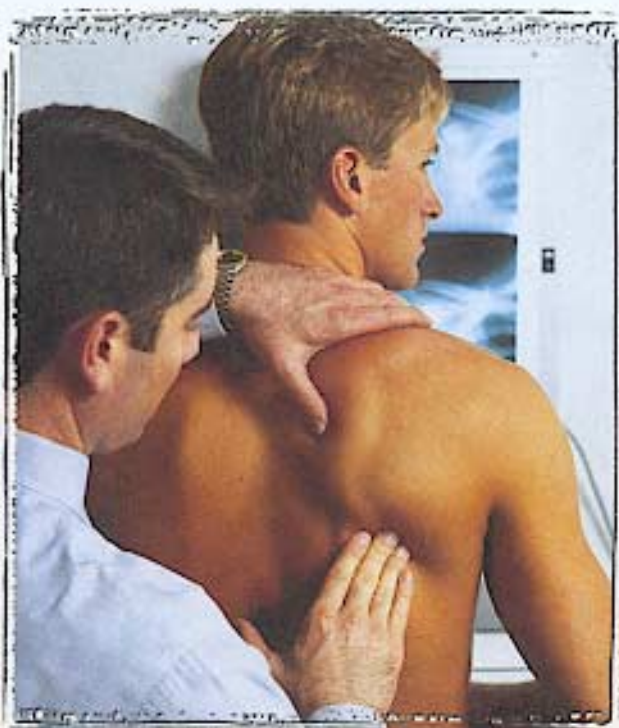
Sports and Chiropractic: "The Perfect Match" at Any Age!

Whether you play to *win* or just for *fun*, chiropractic can enhance your health and fitness program. Since chiropractic has helped everyone from youth soccer players to Olympic athletes, imagine what it can do for you and your family!

A child's growing bones and developing soft tissue are especially susceptible to injury. Chiropractic can help correct structural problems that may otherwise interfere with your child's normal growth.

Teens are no strangers to injuries during those "invincible" years. And college-bound athletes are poised for more serious competition. That's why spinal care is a smart move, at any age.

While you may consider yourself to be in top form, research shows that discs and muscles in the low back area can degenerate—*without symptoms*—in healthy adults from ages 19 to 74. That's just from the result of everyday spinal stress! Then, as we age, we lose muscle tone and our discs become thinner, leaving the spine even more vulnerable to injury.



Nearly every sports injury leads to spinal misalignments and muscular imbalances. If you've been injured, you need a spinal exam. Don't be "sidelined" from your favorite activity. Whether you've been injured at home, at work, or at play, discover how chiropractic can prevent injuries and improve your performance!

"Speed Up" Your Recovery!

Your musculoskeletal system includes your skeletal bones, related nerves and soft tissue (*ligaments, muscles, tendons, and cartilage*). Your spinal column consists of 24 moveable joints which are at the center of your entire musculoskeletal system.

Your arms, legs, shoulders, ribs, neck, and head are attached to the spine. And two-thirds of your muscles are attached to the spine. So it doesn't matter whether you hurt your head—or your foot—your *spine* is likely to have been pulled out of alignment.

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The goal of chiropractic in managing any type of structural injury is to restore misaligned vertebrae to their proper position and mobilize the injured area as soon as possible. As your Doctor of Chiropractic, we are well trained to determine *if* and *when* a joint should be adjusted.

By restoring joint movement, chiropractic adjustments help to prevent the shortening of muscles and ligaments caused by immobility. Adjustments also help to prevent the formation of scar tissue in and around the joint.

Sports injuries often result in soft tissue damage. This type of injury can be more painful and more serious than a bone injury. As an example, a muscle tear heals itself with scar tissue, which lacks the flexibility and strength of the original tissue. If not properly managed, soft-tissue injuries may lead to pain, muscle weakness, joint stiffness and eventual disability.

Research shows that adjustments can reduce musculoskeletal pain associated with soft-tissue injuries and restore joint function. Chiropractic care helps to break up scar tissue and promote quick healing of injured areas.

How Chiropractic Relieves Sports Injuries

- Restores joint mobility
- Realigns the spine
- Removes nerve interference
- Reduces inflammation
- Improves circulation
- Relaxes contracted muscles
- Conditions soft tissues
- Speeds up healing
- Breaks down scar tissue

"Pain Relief!" Without Drugs or Surgery!

Sprained a ligament while jogging?
Twisted your ankle rollerblading?
Strained a back muscle playing tennis?
You don't have to get "tackled" to throw your body's framework off balance! Minor everyday injuries can cause major structural problems over time. That's why we don't limit our attention to an "injured" area.

Many sport injuries occur as a result of muscular imbalances. Symptom-free, yet poorly healed injuries can create subtle imbalances,

leaving one area stressed while another muscle group tries to compensate. Muscle imbalances can lead to spinal misalignments and soft tissue irritation.

Misaligned vertebrae or inflamed soft tissue may press on spinal nerves, causing pain, tingling or numbness. Soft tissue manipulation and chiropractic adjustments can improve muscle balance and reduce nerve interference. Proper nerve transmission helps your body to heal itself naturally, without the risks associated with drugs and surgery.

Study Says Chiropractic Enhances Performance!

A published study of athletes with no apparent injury showed *significant improvement* in athletic performance after only 12 weeks of chiropractic care. The data supports that spinal misalignment can occur without symptoms and spinal realignment "enables the body to function and perform at a higher level."

Chiropractic can enhance flexibility, endurance, and performance by maintaining healthy joints and reducing the risk of injury. ♦

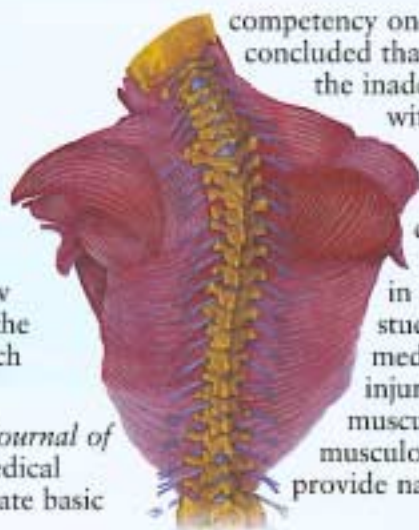
Good News! Chiropractors are Well-Trained to Correct Musculoskeletal Injuries!

No doubt you already enjoy the benefits of chiropractic natural health care. But did you know that the formal training chiropractors receive on the *musculoskeletal system* is far superior to that which medical students receive?

In fact, the authors of a recent article in *The Journal of Bone and Joint Surgery* report that 82% of the medical school graduates in their study failed to demonstrate basic

competency on a musculoskeletal exam. Researchers concluded that the results of the study "documents the inadequacy of medical school education with regard to musculoskeletal medicine."

It may surprise you to learn that chiropractic students, on average, receive nearly 3 times as many hours in anatomy course work than medical students. There is a definite need for medical intervention with certain injuries. But when you've suffered a musculoskeletal injury, why not rely on the musculoskeletal experts! Count on us to provide natural relief. **Call today!** ♦





Read What the "Pros" Have to Say About Chiropractic:

If the United States Olympic team, the St. Louis Cardinals, the Utah Jazz, along with countless other professional athletes, depend on chiropractic to help them perform their best, why shouldn't you?

"Most injuries require chiropractic care. It works better for me than anything else," says Jerry Rice, San Francisco '49ers All-Pro Wide Receiver.

"I do believe in chiropractic. I found that going to my chiropractor three times a week helps my performance," adds Evander Holyfield, Heavyweight Champion of

But don't just take their word for it. Find out for yourself how chiropractic can help you. Our "track record" speaks for itself. Schedule your spinal exam today!

"I Can Ski Again!"

By Judy Papineau

I had been in pain for over 3 years! It all started during ski season. After three days on the slopes, I developed pains in my lower back and left leg. At times, my leg would simply collapse. It got so bad, I was unable to ski.

I was beginning to accept that my extended ski vacations were a thing of the past. Then I decided to give chiropractic a try. I was amazed at my progress! It only took a couple of weeks for *all* of my pain to disappear. As long as I did not overdo it, I stayed out of pain.

The real test came when I went on a ski vacation for three days. I know—without question—that the chiropractic care I received allowed me to ski again, *without pain!*

**Don't "Play Games" With Your Health.
Call for Your Spinal Exam Today!**



Willie McFadden

I thought I was in pretty good condition when I sustained a back injury while wrestling free-style. I wasn't comfortable taking the medications that my medical doctor prescribed. The pain was excruciating at first, but as time went on I just got used to the chronic dull ache.

Later, I was involved in a car accident and hurt my shoulder. For months, I could barely lift my arm. And I couldn't lift a thing over 15 pounds. Routine physical therapy didn't offer any relief. Finally, my wife suggested that I see a chiropractor.

"How Chiropractic Changed Our Lives—for the Better!!"

By Willie McFadden



David McFadden

After the second week of chiropractic treatment, the range of motion in my shoulder was 90% better. And gradually my back pain was 95% improved. That was a year ago and I still feel fantastic!

Having discovered the benefits of chiropractic, both my twin brother, David, and I are now enrolled in chiropractic school! Going back to school with a young family isn't easy, but thanks to my brother's encouragement, we're making a life-long commitment dedicated to helping others heal themselves, naturally!



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Chiropractic Can Help Keep Your Health "On Course!"

When you travel on an airplane, you probably don't think about all of the procedures that go into getting you from Point A to Point B. Even though the airplane may be on "auto-pilot," the pilots continually check to make sure that the airplane stays on course. As they encounter bad weather, turbulence, and other air traffic, the pilots make minor adjustments to the flight path.

The same principle applies to your spinal health. Even though you may be running on "auto-pilot," it's important that you don't forget that your spine needs periodic "adjustments." We can help ensure that your nervous system is free of interference!

Call Our Office Today to "Take Off" With Total Health!

"SPRING"

INTO YOUR GOOD HEALTH

with a

FREE Spinal Exam!



- No Obligation
- No Risk
- No Cost

This coupon is transferable. Please share with your family and friends! Offer expires [redacted]

Any further treatment shall be agreed upon in writing and signed by both parties.

**Call Now !
(770)972-9160**

Scott Chiropractic Center
Jane R. Scott, D.C. • [redacted]

Dear Patient,

For Relief of Sports Injuries, Get Chiropractic Care!

It's springtime! And with warmer weather chances are, you're anxious to get out and enjoy your favorite sporting activity. But beware: after a winter of inactivity, you could be susceptible to injury. And who has time to stop their plans because of neck, back, head, arm, or leg pain?

Now you don't have to suffer needlessly! Chiropractic care can help keep your joints and muscles free from pain! And, even if you're not suffering from a sports-related injury, maintaining optimal spinal health BEFORE an injury occurs can often prevent serious musculoskeletal damage and unnecessary pain. Why wait? Call today!

Yours for Natural Health,

Jane R. Scott D.C.

P.S. Feel free to share this informative newsletter with your family and friends!

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