

Chiropractic care & Sports Injuries

脊骨神经科疗法与运动损伤



- Joint pain
- Muscle aches and stiffness
- Numbness/Tingling down legs and arms
- Slip Disc
- Scoliosis

With the busy work schedules of many people, time for sports and leisure activities are precious. Therefore many people turn to chiropractors to help with their sporting injuries.

Our bodies are amazing machines. Made up of bones, muscles, ligaments and other tissues; they all work together to allow us to stand, walk, run, move, work and play sports. Our bodies are capable of performing almost anything our minds can think of. Everything from very small tasks like hammering a nail to very big tasks like running a marathon. However just like a car with so many individual parts working together, sometimes things can get damaged and not work properly. That is where a doctor of chiropractic can help get you out of pain and get you better again.

A chiropractor is a specialist doctor that focuses on the relationship between the body's structure and its function. Chiropractic is performed without surgery or giving out medicine to take. It is a natural form of health care that is based on the fact that your body is a self regulating, self healing mechanism.¹ Chiropractic doctors are specialists in the disorders of the spine, nerve and joints.

Chiropractic doctors locate misalignments in the spine and other joints in the body often referred to as a vertebral subluxation complex. Vertebral referring to the spine, subluxation meaning misalignment less than a total dislocation.¹

Injuries to your spine and the other joints of the body result in misalignments which causes damage to the disc, joint capsule, ligaments, muscles and nerves. Left alone these injuries can result in joint degeneration, physical pain, stiffness and, when the nerves are affected, neurological pain and other nerve based problems. Commonly people will see chiropractors for the effective treatment of

- Headache
- Neck Pain
- Shoulder pain
- Low back pain
- Headache/Migraine

Sports injuries are high force and high impact injuries; they can often result in lots of pain and discomfort and even stop you playing your chosen sport all together. An injury to your spine can restrict your range of motion, reduce strength, slow down your reflexes, shorten your endurance and overall decrease your performance. All of these factors will greatly affect the way you participate in your chosen sport. (especially wushu, where strength, flexibility and quick reflexes are a must)

Some common causes of sports injuries are²

- Overusage of muscles
- Accidents during sports
- Poor training/technique or improper gear
- Not using equipment correctly
- Not taking proper safety precaution
- Lack of warming up or stretching before and after exercise.

With competition in the sports fields increasing, many athletes are turning to chiropractic to get them the competitive edge. Chiropractic have helped many well known athletes like Tiger Woods, Lance Armstrong, Carl Lewis, Greg Louganis and Lleyton Hewitt just to name a few.² Chiropractors work to help them recover from their injuries, maintain their top physical fitness and prepare their bodies for the gruelling competitions ahead.

So whether you are a weekend warrior, amateur athlete or a professional athlete; if you are suffering from persistent aches and pains, or feel that you are not performing as well as you would like to, try chiropractic to help get you that edge on the playing field. As a chiropractor we will find out the real cause of your problem and tailor the treatment to suit your sporting needs in order to get you performing at your peak in the sport that you love.



我们的身体堪比一台由骨骼,肌肉,韧带以及其他组织构成的神奇机器,不管是站立,移动,跑步还是工作,运动都是他们一起协同合作的结果。我们的人体能够做出几乎所有我们可以想到的动作,小到用锤头钉钉子大到完成全程马拉松。不过就象零件众多的汽车一样,有些时候我们身体里的零件会受到不同程度的损坏。这也是脊骨神经科疗法能帮助到你的地方。

脊骨神经科疗法是医生聚焦于身体结构与身体机能之间的关系,不动手术,不吃药的治疗方法。它是自然的治疗方法基于人的身体是可以自身调节,自身治愈的机理。脊骨神经科医生专业于治疗脊椎,神经与关节的功能失调。

脊骨神经科医生将移位的脊柱和关节参考为脊椎移位。脊椎就是脊椎骨,移位是不完全的脱落。

我们身体里受伤的脊柱和关节会导致脱节的产生并破坏椎间盘,关节囊,韧带,肌肉以及神经组织。不管是这些伤害会带来关节退行性病变,生理性疼痛,僵硬,或者当神经受到伤害时神经性疼痛和其他神经问题。通常情况下,人们寻求脊骨神经科医生对以下病症进行有效的治疗:

- 头痛
- 脖子疼痛
- 肩膀疼痛
- 腰部疼痛
- 偏头痛
- 关节疼痛
- 肌肉酸痛和僵硬
- 大腿和胳膊麻木和刺痛
- 椎间盘突出
- 脊柱侧弯

由于现代人们的繁忙工作日程,运动和休闲的时间显得十分宝贵。所以我们不想因为运动伤害而退出我们最喜爱的活动。所以很多人寻求脊骨神经科疗法来解决他们的运动损伤。

运动损伤是一种大力强冲击性的损伤;可以导致许多种疼痛和不适,甚至导致停止一切你喜爱的运动。对于脊柱的伤害更是会制约关节活动范围,降低抗压能力,减缓反射,减短抗疲劳时间和降低身体总体机能。所有的因素会极大的影响你在体育活动中的参与程度。(尤其是武术,那种要求大强度,高柔软度和快速反应的运动)

一些导致运动损伤的原因:

- 过劳性肌肉损伤
- 运动意外
- 训练/方法不当
- 不当使用运动器械
- 不正当的安全措施
- 不完全的运动前后热身或拉伸

随着体育界的竞争不断增加,一些运动员寻求脊骨神经科医生来协助他们发挥出最大的竞争优势。脊骨神经科医生帮助过很多知名运动员像老虎·伍兹,兰斯·阿姆斯特朗,卡尔·刘易斯,格莱格·洛加尼斯和莱顿·休伊特等等。脊骨神经科医生可以帮助他们从损伤中恢复,保持他们处于最佳身体状态为准备。

所以不管你是周末战士,业余运动员还是职业运动员;如果你感觉持续的酸楚和疼痛,或者感觉不在最佳状态,可以试试脊骨神经科来帮助你达到最大的竞争优势。作为脊骨神经科医生,我们会找到造成问题的真正原因,制定最适合的疗程来配合您的运动需要并使您达到最佳的状态。



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