



Universal Wellness Roscoe Village Updates Sports Injury Chiropractic Care Guide with Section on Injury Prevention and Performance Optimization

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Universal Wellness Roscoe Village has updated its sports injury chiropractic care guide to include a new section titled Chiropractic Care for Injury Prevention and Performance Optimization. The addition explains how regular chiropractic care may help athletes and active individuals address alignment, mobility, and other factors that affect movement during physical activity.

The new section discusses how the clinic approaches alignment and its potential role in reducing the risk of muscle imbalances, joint dysfunction, and nerve compression. It also explains how improved joint mobility following adjustments may support smoother movement during activities such as running and sports. The guide covers rehabilitation exercises to build muscle strength and joint stability, along with adjustments intended to address muscle tension and related concerns. These topics expand the guide's existing coverage of sports injury care, which includes gentle adjustments, corrective exercises, Softwave Therapy using acoustic waves to support tissue health, and posture correction.

Spinal decompression therapy is another service offered by the clinic. Its dedicated webpage describes the treatment as a non-invasive procedure that uses a specialized table to gently stretch the spine. According to the clinic's materials, this process creates negative pressure within the discs, with the aim of helping retract bulging or herniated disc material and relieve pressure on nearby nerves. The clinic also describes the treatment as supporting nutrient flow within the discs. Listed conditions include herniated discs, sciatica, degenerative disc disease, spinal stenosis, and chronic back or neck pain. For athletes experiencing disc-related discomfort or nerve pressure, the therapy is presented as one of several options available through the practice.

Dr. John Reuter, DC, founder and chiropractor at Universal Wellness Roscoe Village, commented on the updated guide. "The addition of content on injury prevention and performance optimization gives patients more information about how alignment and mobility can affect physical activity. Patients can use this information to better understand their options, including spinal decompression therapy when disc pressure is a concern," said Dr. Reuter.

Dr. Reuter founded the clinic in October 2021 in Chicago's Roscoe Village neighborhood. The practice focuses on corrective chiropractic care and offers services that address spinal health, posture, and movement-related concerns. Dr. Reuter holds an undergraduate degree in kinesiology and pre-chiropractic studies from the University of Wisconsin-Eau Claire, as well as a Doctor of Chiropractic degree from Life University. Services listed on the clinic's website include chiropractic adjustments to address spinal alignment, Softwave Therapy for inflammation and tissue-related concerns, posture assessments, and sports injury care, which now includes the expanded section on injury prevention.

The updated guide also places greater emphasis on the educational side of the clinic's services. According to the practice's materials, maintaining proper alignment through chiropractic care may support physical performance and help reduce injury risk. For individuals experiencing sports-related stress involving spinal discs or nerves, the clinic describes spinal decompression therapy as a controlled process that uses specialized equipment to address disc-related concerns without surgery. Treatment sessions involve gentle stretching while patients lie on the table, allowing the clinic to apply a non-surgical approach to certain conditions affecting the spine.

Dr. Reuter also discussed the value of understanding preventive care. "Learning about the preventive strategies outlined in the updated guide can help patients recognize factors that may contribute to recurring problems. Spinal decompression therapy is another option we offer for certain disc-related concerns that can affect movement and physical activity," said Dr. Reuter.

The clinic's care team includes Softwave technicians with kinesiology backgrounds and training in relevant

techniques, along with chiropractic assistants who support patient care. Team members work within care plans based on individual patient assessments and identified concerns. The clinic describes Softwave Therapy as a treatment that uses acoustic waves to address inflammation and support tissue repair. Its materials also discuss the therapy's potential role in reducing scar tissue associated with injuries.

For residents throughout Chicago, sports injuries can involve sprains, strains, overuse conditions, tendonitis, and stress fractures. The updated guide addresses several factors that may affect movement and recovery, including alignment, flexibility, and muscle tension. It explains how the clinic approaches these factors as part of its efforts to support efficient movement and help patients remain active. The sports injury page also discusses soft tissue therapies and ergonomic guidance as additional elements of the practice's overall approach to care.

Universal Wellness Roscoe Village continues to maintain educational resources to help patients better understand its services and available care options. Adding the injury prevention and performance optimization section gives readers more information about how the clinic's approaches may apply to both recovery from activity-related injuries and ongoing musculoskeletal care. The update also reflects the practice's stated focus on non-surgical methods and addressing contributing factors when developing patient care plans.

The clinic operates under Universal Wellness Source and serves individuals and families through non-invasive services focused on spinal health and related musculoskeletal concerns. By expanding its sports injury care guide, Universal Wellness Roscoe Village provides additional information about its approach to alignment, mobility, and supportive therapies. The updated resource gives patients another way to learn about the clinic's services and understand the options it offers for managing sports-related concerns and maintaining physical activity.

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Universal Wellness Roscoe Village

Whether you're seeking relief from chronic pain, recovering from an injury, or simply looking to maintain a healthy lifestyle, our team at Universal Wellness Roscoe Village is here to help you every step of the way.

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