



Chiropractic Care For Sports Injuries Explained in Blog Post

October 14, 2019

October 14, 2019 -

Florida Spine & Injury - Lake City has announced that they have recently posted a blog post on chiropractic care for sports injuries. The article explains how a chiropractor would be able to provide help with sports injuries, such as neck injuries, sprains and strains, tendonitis, and more. Those who would like to read the blog post can go to <https://www.flspineandinjury.com/blog/chiropractic-care-for-sports-injuries>.

Dr. Jonathan Walker, D.C., one of the chiropractors at Florida Spine & Injury, says, "Whether it's a child paying t-ball for the first time, a teenager playing football on the high school team, or a middle-aged parent running in the morning and joining a golf league on the weekends, sports can be integrated into various areas of our lives. And regardless of our age, gender, or the sport we are involved in, injuries can occur to anyone, even the most seasoned athletes."

He continues, "Some injuries can be very severe and require extensive treatment to return to normal activity level. Unfortunately, there are often many injuries that can occur playing the sport that we love. Some common sports-related injuries that will benefit from being treated by a chiropractor are neck injuries, tendonitis, and strains and sprains."

Neck injuries, such as whiplash, are commonly experienced by people who play contact sports, like hockey or football. Whiplash happens when the neck is suddenly and forcefully whipped backward or forward, which is why many hockey or football players suffer from whiplash at some point in their careers. The pain and discomfort that come with a whiplash injury will usually not go away on their own. For those who suffer from whiplash, they usually don't realize they have it until several hours or even days after the event or accident. Unfortunately, it can worsen with time if the treatment is delayed.

Chiropractors can help with a sports injury by first evaluating the current and past medical history of the patient and then performing an in-depth physical exam that includes an x-ray. They will then provide a custom-fitted treatment plan that is focused on the specific recovery requirements of a particular patient based on the physical exam finding and medical history. They will usually employ spinal manipulation and adjustments to re-align the spine and help bring back the body to its natural function. Depending on the type of injury, chiropractors may also provide soft-tissue therapies, specific exercises, rehabilitation, and lifestyle advice.

The chiropractors at Florida Spine & Injury have received many highly positive reviews, which means they can be depended on to provide treatment for sports injuries. In fact, a recent press release, which can be accessed at <https://www.pressadvantage.com/story/30144-lake-city-chiropractor-receives-five-star-review>, discussed a five-star review that they received from a patient.

Another type of sports injuries that chiropractors can help with are sprains and strains. These are quite common in sports and they can occur in almost any type of sport. Sprains result from the tearing of a ligament while sprains usually occur on the ankles and wrists. It is easy to get a sprain, as just one wrong step and a twist of the ankle can leave the person in pretty bad shape. Strains, which involved tearing of the muscles or tendons, can happen in pretty much the same manner as a sprain. Sprains and strains can cause a lot of pain and discomfort and they usually need some kind of physical therapy to help the patient regain a proper range of movement and proper motion.

Tendonitis is also a common sports injury that is often caused by repetitive or overuse injury. This is due to the inflammation of the tendon and it can result in pain and swelling in the injured area. It can become worse if proper treatment is not provided.

People who would like to know more about the services provided by the chiropractors at Florida Spine & Injury - Lake City can check out their website at <https://florida-spine-and-injury-lake-city-chiropractor.business.site/> or contact them through the telephone or

via email. They are open on Mondays, Wednesdays, Thursdays, and Fridays, from 8:00 am to 6:00 pm.

###

For more information about Florida Spine and Injury - Lake City Chiropractor, contact the company here: Florida Spine and Injury - Lake City Chiropractor Dr. Jonathan Walker, D.C. (386) 222-0345 DrWalker@flspineandinjury.com 2057 SW Main Blvd, Lake City, FL 32025

Florida Spine and Injury - Lake City Chiropractor

At Florida Spine and Injury in Lake City, our team of Medical and Chiropractic doctors diagnose, treat and document Accident Injuries related to Car Accidents, Work Injuries, Slip & Fall Incidents and more for residents of Columbia County, FL and beyond.

Website: <https://www.flspineandinjury.com/locations/lake-city>

Email: DrWalker@flspineandinjury.com

Phone: (386) 222-0345

