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CHIROPRACTIC TREATMENT HELPS LOCAL MIDDLE SCHOOLER RESUME COMPETITIVE GYMNASTICS

Chiropractic Benefits Teenage Athletes and Gets Them Back in the Game

Appleton, Wisconsin (September 20, 2007) – Lizzy Vankrey loves competitive gymnastics and was not about to let a back injury stand in her way when it came to participating in her favorite sport. As a member of the Oshkosh Gymnastics Center, the Kimberly middle school student recently injured her back when she fell on a pit bar while practicing.

According to the energetic eighth grader, “I had such incredible low back pain that I couldn’t sit down much less go to practice. A friend of mine had gone to Schubbe Resch and told me how they had helped her so my mom made an appointment for me.”

“Lizzy’s personalized treatment plan was a combination of ultrasound, spinal manipulation and physical therapy. Although her pain is gone, she continues to see one of

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our chiropractors for minimal adjustments and strength and conditioning exercises to keep her body in optimum condition,” said John Schubbe, Doctor of Chiropractic.

Schubbe stresses, “Balance of the body is very important. If joints are locked up it has a negative affect on muscle function. The physical demands on Lizzy’s body from gymnastics are very high and now that she has recovered from her injury, continued strength and conditioning is vital to maximum function and peak performance.”

In today’s age of health and fitness, more and more kids are involved in sports activities. Being a member of a football or soccer team is a right of passage for many kids so parents should not overlook the importance of proper conditioning to help prevent injuries. Highly competitive sports like gymnastics, football and wrestling involve rigorous training schedules that can be potentially dangerous to a teenager. “Proper warm up, stretching and weight-lifting exercises are essential for kids participating in sports. Parents need to work with their kids to make sure they receive the proper sports training,” said Schubbe.

Many professional athletes already know the value of regular chiropractic care. Increased flexibility, increased energy, increased speed, and increased performance as well as a decrease in injuries are all benefits of chiropractic treatment.

Recently, chiropractic care has received much attention regarding its successful management of sports injuries. Since the majority of injuries are soft tissue in nature and also due to improper body mechanics, chiropractors have become the doctors of choice for professional athletes and weekend warriors.

Chiropractic treatments generally focus on faulty body mechanics and not solely on eliminating pain. The standard treatment includes natural spinal adjustment techniques,

physical therapy, soft tissue mobilization, stretching and exercise programs, diet and nutritional counseling, and extensive biomechanical training.

Schubbe commented, “Our chiropractors and physical therapists don’t just treat your pain, we show you how to keep it from coming back so you can live a healthier life.

Treatments similar to what we did for Lizzy focus not only on pain relief, but also address underlying causes such as muscular imbalances, biomechanical deficiencies, improper sporting techniques and conditioning.”

Lizzy is delighted to be competing again and can’t wait for her season to begin. “I owe it all to Dr. John and Dr. Connon. I not only feel better, I’m more confident when it comes to keeping my body in the best shape possible, ” she said with a smile.

According to the American Chiropractic Association, over 30 million Americans sought chiropractic care last year. For more information on treating and preventing back pain visit www.schubberesch.com or call (920) 738-0200.

About Schubbe Resch

Schubbe Resch Chiropractic and Physical Therapy Centers specializes in the treatment, prevention, and rehabilitation of a wide range of musculoskeletal injuries by combining chiropractic and physical therapy treatment. With three clinics in the Fox Cities, this group of chiropractors, physical therapists and certified strength and conditioning specialists promote a healthy lifestyle through individualized care and patient education.

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