

# Treating Student Athletes



2200 S. KENSINGTON DRIVE, APPLETON, WI 54915 • 920-738-0200 • WWW.SCHUBBERESCH.COM

Clinical studies have shown the positive impact of spinal manipulation. If you feel any of your patients would benefit from spinal manipulation, please call us at 920-738-0200 or visit [www.schubberesch.com](http://www.schubberesch.com). Be assured, your patient will be referred back to you after we treat their condition.

## PHYSICAL THERAPISTS

- Richelle Fenter, PT, CSCS
- Connon Plencikowski, DC
- Laura Kemps, DC
- John Schubbe, DC
- Peter Schubbe, DC

## CHIROPRACTORS

2200 S. Kensington Drive, Appleton, WI 54915





# THE CLINICAL CHIROPRACTOR

SCHUBBE RESCH CHIROPRACTIC & PHYSICAL THERAPY • SUMMER 2009

In today's competitive environment, student athletes are expected to commit more to their sports than ever. Multiple sports and off-season training often lead to over-training. The over-trained athletes then develop poor mechanical habits from fatigue, muscular imbalance, inflexibility and overload syndromes.

## THE EFFECTS OF POOR MECHANICAL HABITS

Poor physical mechanics predispose athletes to sprain/strain injuries, facet irritation, and sacroiliac syndromes. During training, many of these athletes develop strength and power, but lack functional strength and neuromuscular efficiency. The athletes are very strong, but cannot properly recruit agonist and antagonist muscle groups. This lack of muscle coordination predisposes them to injury. The indirect tissue trauma produced leads to inflammation and pain. Pain elicits a hypertonic protective reflex of muscle tissue. This hypertonic state leads to myofascial adhesions, which contribute to dysfunction of muscles and joints.

## TREATMENT OPTIONS

Treatment is based on the exact injury and the current phase of inflammation. Chiropractic manipulation, passive modalities, and active physical therapy have produced the best results in our office.

Chiropractic adjustments help to initiate the healing process. Manipulation of fixated spinal segments restores proper joint mobility. Restoring this spinal mobility dampens the hypertonic protective reflex of the muscle tissue, allowing for proper muscle healing.

Passive modalities may be used in the beginning to help control pain and inflammation. These modalities may include ultrasound, electrical stimulation and light therapy. Myofascial release and passive and active range of motion will help to break up adhesions and increase range of motion.

Active therapy should also be addressed. Patients are shown how to actively take care of themselves with a home exercise program that should be incorporated into the athlete's daily exercise routine. Active therapy focuses on not only the area of complaint, but also the surrounding muscle groups and joints that affect the area kinetically. Emphasis in later stages of active therapy targets functional strength and efficiency of movement or even sport specific activities. Depending on the nature of the athlete's injury, certain strength exercises may not be appropriate until specific mechanical dysfunctions are addressed. This is taken into consideration with each athlete.

At Schubbe Resch Chiropractic and Physical Therapy we take an integrated approach to evaluating and treating sports injuries. Our chiropractors and physical therapists combine musculoskeletal evaluation with custom therapeutic exercise programs and athletic training to address the athlete's specific injury. Athletic training and strength and conditioning knowledge also help us work with athletes during their off-season training. Please feel free to call with any questions:  
**Schubbe Resch Chiropractic and Physical Therapy Centers, 2200 South Kensington Drive, Appleton, WI 54915 (920) 738-0200**

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