



AdvaCare Clinics
Advanced Healthcare Solutions

5001 American Blvd W. Suite 945
Bloomington, MN 55437
Phone: 952-835-6653
Fax: 952-835-3895
drdennis@advacaremn.com

AdvaCare Clinics: Sport Injury Prevention & Recovery Chiropractic Care

An athlete competing at maximum health has the greatest ability to perform at their best. Athletes put physical demands on their body jumping, running, falling and tackling. These demands may present themselves as sprains, strains, chronic injuries and negatively affect performance.

In the competitive sports world, athletes realize that if spinal or extremity problems exist, their performance will be compromised. The goal for each patient is to get him/her in peak performance to produce a winning result.

Many world class and Olympic athletes, as well as professional stars and teams, have retained sports chiropractors to provide care. In fact, chiropractic is now part of the sports-medicine program of the U.S. Olympic Committee. Why do you think that is? Using spinal and extremity adjustments, physical therapy, exercise programs and dietary and nutritional counseling; athletes can experience increased performance and reduced risk of injury. Chiropractic care can help to improve range of motion, flexibility, balance, coordination, joint proprioception, body symmetry and agility which are all critical to peak athletic performance.

By getting adjustments, the muscles, spine, and nervous system all work better to deliver the best power your body can deliver. This leads to better performance, fewer injuries and quicker recovery. When your body is in better alignment, your nervous system is finely tuned and all pistons are firing!!!!

Professional, and amateur athletes seek out Sports Chiropractors for many reasons:

- Quicker recovery after training/games
- Prevention of injury
- Peak performance
- Better balance

Whether you are a weekend, a professional athlete or just shooting hoops in the back yard– you want to perform at our very best, and AVOID injury at all cost. That's why chiropractic doctors have become the doctors of choice. The sports chiropractor can enhance an athlete's recovery from injury and prevent future injury.

Playing sports is a lot of fun. Getting hurt is not. Pain killing drugs are not always the answer. They merely cover up the symptoms allowing the athlete to perform making the

injury more serious. Probably more than any other health profession, a Chiropractor's approach to health closely relates to the needs of the sports participant.

Of course, you do not have to be an Olympian to benefit from chiropractic care. Each year, 20 million Americans go to the chiropractor, 90 percent of them seeking treatment for musculoskeletal problems like back pain, neck pain, other joint and muscle pains and headaches. Many of these could have been prevented by regular chiropractic spinal checkups.

If you have been injured while playing a sport and want to benefit from chiropractic care, AdvaCare Clinic can offer natural and drug free therapy for your sports injuries. Why not make chiropractic care part of your sports training regimen!

Regular chiropractic adjustments can help keep you functioning and performing at your best... *all the time!!!*

Not only is chiropractic the most effective way to prevent and recover from injuries, chiropractic care may give you the winning edge you need to outperform your competition!

Join the millions of Americans that have found relief from Chiropractic Sport Injury Therapies. Contact AdvaCare Clinic today to schedule an appointment at 952-835-6653.

