

chiro sports and wellness

Chiro Sports and Wellness: Your Path to Peak Performance and Lasting Well-being

Are you an athlete pushing your physical limits, or simply someone striving for a healthier, more active lifestyle? Then understanding the vital role of chiropractic care in sports and wellness is crucial. This comprehensive guide dives deep into the world of chiro sports and wellness, exploring how chiropractic adjustments and holistic wellness strategies can help you achieve peak performance, prevent injuries, and enjoy a life filled with vitality. We'll cover everything from the benefits of chiropractic care for athletes to the broader applications of this approach for overall well-being. Get ready to discover how chiro sports and wellness can transform your life!

Understanding the Chiro Sports and Wellness Connection

The connection between chiropractic care and athletic performance, or even just general wellness, is stronger than many realize. Chiropractic focuses on the intricate relationship between your nervous system and musculoskeletal system. A properly functioning nervous system is the conductor of your body's orchestra, ensuring optimal communication between your brain and the rest of your body. When your spine is misaligned (a subluxation), it can interfere with this communication, leading to pain, reduced performance, and an increased risk of injury.

Chiro sports and wellness professionals use a variety of techniques, including spinal adjustments, to restore proper spinal alignment and optimize nervous system function. This, in turn, can lead to significant improvements in:

Pain Management: Chiropractic is incredibly effective in managing pain related to muscle strains, sprains, and other common athletic injuries. It addresses the root cause of the pain, rather than just masking the symptoms with medication.

Improved Range of Motion: By restoring proper spinal alignment, chiropractic care can significantly increase your flexibility and range of motion, leading to improved athletic performance and reduced risk of injury.

Enhanced Athletic Performance: Optimized nervous system function translates to improved coordination, balance, strength, and power – all essential elements of athletic success.

Faster Recovery: Chiropractic adjustments can help speed up the recovery process after workouts or injuries by reducing inflammation and promoting healing.

Injury Prevention: Regular chiropractic care can help identify and address potential musculoskeletal imbalances before they lead to injuries.

Chiro Sports and Wellness for Specific Sports

The benefits of chiro sports and wellness extend across a wide range of sports and activities. Consider these examples:

Runners: Chiropractic care can help address common running-related injuries like plantar fasciitis, knee pain, and back pain. Proper alignment is key to efficient running form and injury prevention.

Weightlifters: Heavy lifting places significant stress on the spine and joints. Chiropractic care can help maintain proper spinal alignment, preventing injuries and optimizing lifting technique.

Team Sport Athletes: Sports like basketball, soccer, and football involve frequent changes in direction and high-impact movements. Chiropractic care can help athletes recover faster from injuries and maintain optimal performance.

Golfers: Golf requires precise movements and significant spinal rotation. Chiropractic adjustments can help improve flexibility, range of motion, and accuracy.

Everyday Athletes: Even those not participating in competitive sports benefit greatly. Maintaining proper posture and spinal alignment through chiropractic care can prevent future problems caused by repetitive movements or poor posture at work.

Beyond Adjustments: A Holistic Approach to Chiro Sports and Wellness

While chiropractic adjustments form the cornerstone of chiro sports and wellness, a truly holistic approach encompasses much more. This often includes:

Lifestyle Advice: Chiropractors often provide guidance on nutrition, exercise, and ergonomics to support optimal health and performance.

Ergonomic Assessments: Improving your workspace setup can prevent many musculoskeletal issues. A chiropractor can assess your workspace and provide recommendations for better posture and ergonomics.

Therapeutic Exercises: Specific exercises tailored to your individual needs can help strengthen muscles, improve flexibility, and enhance overall performance.

Patient Education: Understanding your body and how to care for it is crucial. Chiropractors educate patients on proper posture, injury prevention techniques, and self-care strategies.

Finding the Right Chiro Sports and Wellness Practitioner

Choosing a qualified and experienced chiropractor is essential. Look for a practitioner with experience working with athletes or individuals with specific musculoskeletal conditions. Ask about their approach, techniques, and experience. A good chiropractor will take the time to understand your individual needs and develop a personalized treatment plan.

Conclusion

Chiro sports and wellness is more than just treating injuries; it's about optimizing your body's natural ability to heal and perform at its best. Whether you're a seasoned athlete or simply someone looking to improve their overall health and well-being, incorporating chiropractic care into your routine can yield significant benefits. By focusing on spinal alignment, nervous system function, and a holistic approach to wellness, you can unlock your full potential and enjoy a healthier, more active life.

FAQs

1. Is chiropractic care safe for athletes? Yes, chiropractic care is generally safe for athletes when performed by a qualified and experienced practitioner. However, it's crucial to choose a chiropractor with experience working with athletes.
1. How often should I see a chiropractor for sports and wellness? The frequency of visits depends on your individual needs and goals. Some athletes may benefit from weekly adjustments, while others may only need monthly visits for maintenance.
1. Does insurance cover chiropractic care? Many insurance plans cover at least some chiropractic services. Check with your insurance provider to determine your coverage.
1. Can chiropractic care help with chronic pain? Yes, chiropractic care can be effective in managing various types of chronic pain, including back pain, neck pain, and headaches.
1. What should I expect during my first chiropractic appointment? Your first appointment will typically involve a thorough examination, including a review of your medical history and a physical assessment. Your chiropractor will then discuss your treatment plan with you.

chiro sports and wellness: *The Resonance Effect* Carolyn McMakin, 2017-04-25 The Resonance Effect is both the author's story of her inspirational journey of having the courage to find her true calling and an account of the development of a remarkable newly rediscovered treatment, frequency specific microcurrent (FSM), that takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions. Carolyn McMakin, a chiropractor specializing in fibromyalgia and myofascial pain, describes her experience using a two-channel microcurrent device that has achieved astounding results that have changed medicine and created new possibilities for suffering patients over the past twenty years. Nerve pain, fibromyalgia, diabetic neuropathies, muscle pain, athletic performance, injury repair, joint pain, low back pain, neck pain, kidney stone pain, the kidney stones themselves, liver disease, diabetic wounds, brain and spinal cord injuries, PTSD, depression, shingles, asthma, ovarian cysts, abdominal adhesions, and scarring all respond to specific frequencies. McMakin explains that results are predictable, reproducible, and teachable—all without side effects—offering hope and healing to millions of people. McMakin tells the story of how thousands of patients with conditions that did not respond to other medical therapies recovered from pain and disability through the non-invasive treatment that she developed. For example, asthma resolves with specific frequencies that remove inflammation, allergy reaction, and spasm from the bronchi. One frequency combination eliminates shingles pain in minutes and stops the shingles attack with a single three-hour treatment. Since 2005, a series of frequencies has been used to treat hundreds of PTSD patients. Post-surgical patients use FSM to reduce pain, prevent bruising, and increase healing. NFL, NHL, and Olympic athletes use it to heal injuries and improve performance. McMakin includes case histories that illustrate the efficacy of the treatment and shares the specific frequencies that each condition requires so that patients direct their own treatments.

chiro sports and wellness: *The True Power of Chiropractic* Jason W. Ingham, 2019-08-27 With over one hundred Americans dying everyday to opioid overdose, doctors must look toward permanent solutions before the epidemic continues to spiral out of control. This is where chiropractic comes into play. Instead of throwing medicine at symptoms and chronic pain and hoping they go away, chiropractic is a nonsurgical solution that can alleviate pain and save you money down the road. From watching his mother see dramatic results with her polio through chiropractic treatment, to being treated himself as a child, Dr. Jason W. Ingham knows the benefits of chiropractic all too well. He wrote this book as a guide for a pain-free life—one where you don't have to use medicine as a crutch. In *The True Power of Chiropractic: Unlock Your Body's Natural Ability to Adapt, Renew, and Restore*, Dr. Ingham will share his knowledge with you so you can take your first steps to improving your life through chiropractic.

chiro sports and wellness: *Running Man* Charlie Engle, 2017-09-05 After a decade-long addiction to crack cocaine and alcohol, Charlie Engle hit rock bottom after a near-fatal six-day binge ended in a hail of bullets. Then he found running, and it has helped keep him sober, focused and alive. He began to take on the most extreme endurance races, such as the 155-mile Gobi March, and developed a reputation as an inspirational speaker. However, after he made the documentary *Running the Sahara*, narrated by Matt Damon, which followed him on a 4500-mile crossing of the desert and helped raise \$6 million, he was sent to prison after failing to complete his mortgage application properly. It was while he was in jail that he became known as 'The Running Man' as he pounded the prison yard, and soon his fellow inmates were joining him, finding new hope through running. Now, in his brilliantly written and powerful account, Engle tells the story of his life and how running has brought him so much pleasure and peace. Like such classics as *Born to Run* or *Running with the Kenyans*, this is a book that anyone who has ever found solace in the freedom of running will enjoy--Google Books.

chiro sports and wellness: *Pediatric Chiropractic* Claudia A. Anrig, Gregory Plaughter, 2022-02-12 The long-awaited third edition of *Pediatric Chiropractic* takes the valuable second edition to a whole new level, offering new chapters, full-color photos, illustrations, and tables to provide the family wellness chiropractor and the student of chiropractic a valuable reference manual

covering all aspects of care for the pediatric and prenatal populations. Internationally recognized authorities Claudia Anrig, DC and Gregory Plaughter, DC have invited the leaders in their fields to contribute to this precedent-setting textbook and now offer even more valuable information for the practitioner.

chiro sports and wellness: The Earth Diet Liana Werner-Gray, 2014-10-28 The ultimate guide book to assist people in transforming their health through a natural lifestyle. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity, and more. When you get the essential vitamins, minerals, and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense, gluten-free recipes that provide proper nutrition, tips for shifting out of toxic habits, and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters to those following a gluten-free diet. It also features specific guidelines for weight loss, boosting the immune system, increasing your energy, juice cleansing, and more. If you're looking for great-tasting recipes to help you live your healthiest life ever, then this book is for you.

chiro sports and wellness: Deeper Still JOHN. STIRK, 2021-01-25 Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from *The Original Body* this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. Deeper Still goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. Deeper Still enables teachers to take their students to a deeper dimension. It also: provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

chiro sports and wellness: How the Chiropractor Saved My Life , 2010-07-15 Deborah Z. Bain, M.D., has charted a course that leads you through her years of pain and suffering while putting her life in the hands of a medical system that has long been broken. In her brokenness and frustration, filled with toxins and the affects of corrective surgery, Doctor Bain set out to find real answers that would bring her ravaged body back to health. *HOW THE CHIROPRACTOR SAVED MY LIFE*, is the amazing story of faith in God, the harmful effects that can be done by the very drugs used to treat us, and the awesome power of the human body to heal. Doctor Bain is a practicing Pediatrician in Frisco, Texas.

chiro sports and wellness: Managing Sports Injuries e-book Christopher M Norris, 2011-06-30 Now in its fourth edition with the revised title - *Managing Sports Injuries: a guide for students and clinicians* - this highly practical guide maintains its evidence-based approach while introducing new material from both research and clinical sources. It is a comprehensive resource for the

management of soft-tissue injuries, focusing on therapy. Well referenced and extensively illustrated, this text continues to be invaluable to physiotherapists, sports and massage therapists, medical practitioners, and all those involved in the treatment of athletes and sports people. Approx. 424 pages - Full colour text and illustrations emphasizing all practical techniques - Treatment notes expanded with added topics and basic examination protocols - Additional material enhancing clinical value - Practical how-to-do approach enabling application of new techniques - Updated research references

chiro sports and wellness: A Text Book, Modernized Chiropractic ... Oakley Garfield Smith, Solon Massey Langworthy, Minora C. Paxson, 1906

chiro sports and wellness: Fourteen Foundational Premises for the Scientific and Philosophical Validation of the Chiropractic Wellness Paradigm James L Chestnut, Wellness Practice - Chestnut Wellness and Chiropractic Corp, 2003 The author mission is to unify, validate, and elevate the chiropractic profession by encouraging discussion based on the best available evidence. He want to combine the wellness paradigm, scientific research and chiropractic to create the most clinically effective wellness doctors in history.

chiro sports and wellness: What You Don't Know May Be Killing You Don Colbert, 2013-07-29 DIV Dr. Don Colbert faced personal health struggles, and when his own profession was unable to give him answers or help, he turned to more natural health-related disciplines. The answers he found surprised him then, and this new, updated information may surprise you today! /div

chiro sports and wellness: CranioSacral Therapy: Touchstone for Natural Healing John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

chiro sports and wellness: The DMR Method Peter Wesley Thomas L'Allier, 2015-01

chiro sports and wellness: Freedom to Move Josephine Key, 2018-09-01 Freedom to Move is an evidence informed practical resource which provides movement therapists of all disciplines with an exercise blueprint for rehabilitating spinal pain and many related 'injuries'. In essence, Freedom to Move describes what goes wrong in the spine and what to do about it. It integrates the applicable contemporary neuroscience around spinal movement and pain with the clinical evidence and understanding gained from the author's enquiring practice, and her exploration of various movement approaches and their contribution - or otherwise, to spinal well-being. It examines the relationship between healthy torso structure and functional control and describes and explains the author's model of spinal dysfunction - the remediation of which forms the basis of the author's model of care for the spine, The Key Approach®. The book's main focus is on a practical, therapeutic exercise/movement approach which addresses the common movement faults and dysfunctions observed in people with spinal pain and stiffness. In particular, the Fundamental Patterns of control are introduced as important, innate 'key' movements which naturally provide the sound foundations necessary for a healthy spine - but which have commonly been 'lost' in the movement repertoire of people with spinal pain syndromes. These are re-established and reincorporated into various poses, movements and stretches by way of specifically directed mindful movement explorations. The client is helped to regain more optimal function and move out of pain - with more freedom. The approach is applicable within all industry models of teaching therapeutic movement: in the rehabilitation of spinal pain within physiotherapy, Pilates and Yoga; and in the fitness industry, for injury prevention, health promotion and optimising spinal health in exercise programmes in general.

chiro sports and wellness: Preventing Low Back Pain Paul D. Hooper, 1992

chiro sports and wellness: The Science of Chiropractic; Volume 1 Daniel David Palmer, 2018-10-11 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States

of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

chiro sports and wellness: Chiropractic, Health Promotion, and Wellness Meridel I. Gatterman, 2007 Chiropractors have traditionally counseled patients on health promotion and wellness. Chiropractic, Health Promotion, and Wellness offers patients a better understanding of the chiropractor's important role, with practical questions and authoritative answers across a range of topics, including nutrition, exercise, and health behaviors. The doctor of chiropractic as a wellness provider promotes not just spinal health but a comprehensive model of health and wellness. A must-have resource for anyone contemplating chiropractic are or already undergoing treatment!

chiro sports and wellness: Wellness on a Shoestring Michelle Robin, Roxanne Renee Grant, 2010-05 Whatever your financial resources the power to improve your health is within you. It's in every choice you make, in every moment. Michelle Robin shows you how to harness your inner voice as you practice seven essential habits for complete well-being. Read stories from real people, at all income levels, who've adopted these practices--using little money--and seen their health dramatically improve. Better yet, follow the tips at the end of each chapter to create a lifestyle that leads to a phenomenal experience of body, mind and spirit.

chiro sports and wellness: The Age of Movement Beau Beard, 2021-11-15 The Age of Movement is a look at the role that movement has played throughout all of life on Earth. Dr. Beard takes an in depth look as to how movement, or the lack-thereof is contributing to our modern day health crisis, and how changing the way we move can help restore not only our personal health, but also the health of the planet.

chiro sports and wellness: Sports-Related Concussions in Youth National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Sports-Related Concussions in Youth, 2014-02-04 In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. Sports-Related Concussions in Youth: Improving the Science, Changing the Culture reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. Sports-Related Concussions in Youth finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth

sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

chiro sports and wellness: Rehabilitation of the Spine: a Patient-Centered Approach Craig Liebenson, 2019-09-02 Presents a practical overview of spinal rehabilitation combining McKenzie, Janda, Contract-Relax and Stabilization approaches into one common treatment protocol.

chiro sports and wellness: Sports Chiropractic Robert D. Mootz, Kevin A. McCarthy, 1999 Contributions from leaders in the field of sports chiropractic. Reprints from five years of Topics in Clinical Chiropractic updated with recent information Support documents for exercise testing, pre-test history and informed c

chiro sports and wellness: Specific Sports-Related Injuries Sérgio Rocha Piedade, Philippe Neyret, João Espregueira-Mendes, Moises Cohen, Mark R. Hutchinson, 2021-05-12 This book offers a comprehensive and detailed overview of specific sports-related injuries and a valuable guide for decision-making to establish the best strategies to prevent and manage such injuries. As a thorough understanding of each sports modality plays a key role, both in injury prevention and management, a dedicated chapter is devoted to each sports discipline. An international panel of authors examines all most popular individual and team sports – including athletics, swimming, combat sports, cycling, tennis, American football, baseball, basketball, soccer and volleyball, just to mention a few. Three additional chapters present special aspects related to sports injuries: mental health concerns in athletes, radiological assessment and patient reported-outcomes tailored to sports medicine. All chapters share a consistent format, starting with a brief presentation of the sport and its history, and then discussing its dynamics, physical demands on the athlete, common sports-related injuries, biomechanics of injuries, first aid on the field, and injury prevention. This book offers valuable resource to orthopaedists, sports physicians as well as physiotherapists practicing in the field of sports-related injuries.

chiro sports and wellness: One Minute Wellness Ben Lerner, 2006-12-31 No more dependence on cold medicines, prescription pills, and anti-depressants. With One-Minute Wellness, you will revitalize every area of your well-being. And the bonus fiction story uniquely illustrates the authors' strategies at work in ordinary lives-a terrific motivator as you optimize your own life.

chiro sports and wellness: Principles and Practice of Chiropractic, Third Edition Scott Haldeman, 2012-09-01 The most comprehensive, extensively illustrated book focusing on chiropractic principles, diagnosis, and treatment. A Doody's Core Title for 2019! 5 STAR DOODY'S REVIEW! This is the third edition of one of the chiropractic profession's most important and influential books. It is a compendium of hard scientific knowledge about all aspects of chiropractic, from the social and historical to the clinical and research oriented. It is a significant expansion from the second edition, which was published in 1992, quite some time ago. It contains five major sections: Introduction to Principles of Chiropractic, Introduction to Chiropractic Theory, Introduction to the Clinical Examination, Introduction to Specific Treatment Methods, and Introduction to Management of Specific Disorders....The book exceeds all expectations the author had for it....I consider this the most essential of all chiropractic texts, one that all chiropractors should obtain.--Doody's Review Service Developed as the core textbook for the chiropractic student and as a professional reference, this text presents theory, philosophy, and practice principles of chiropractic. Covers both traditional and newer chiropractic techniques as well as the clinical exam and management of specific disorders.

chiro sports and wellness: Careers in Chiropractic Health Care Cheryl Hawk, 2017-03-09 This book provides potential students of a chiropractic career path, as well as other health care practitioners, with vital information regarding the training required to enter the chiropractic field and the roles of chiropractors in modern health care. Chiropractic is the second largest

physician-level health profession in the United States, with chiropractors providing care to at least 20 million patients annually. As chiropractic health care has been proven to be both effective and cost effective for many musculoskeletal conditions, particularly back pain, the inclusion of Doctors of Chiropractic (DCs) in a variety of health care settings is likely to continue to increase. Surprisingly, there is little readily accessible information on chiropractic as a career path. This book provides concise yet comprehensive information about career paths, training, and professional roles in chiropractic for students considering chiropractic as well as health care practitioners in the field. Written in an easy-to-read style, *Careers in Chiropractic Health Care: Exploring a Growing Field* serves students, those in non-chiropractic health fields, and general readers considering chiropractic as a career change option. The chapters explain the training and specific licensure requirements for chiropractors in all 50 U.S. states and provide information useful to health care professionals for referrals and management of patients using chiropractic care.

chiro sports and wellness: Chiropractic Ludmil Adam Chotkowski, L A Chotkowski, M.D., FACP, 2002

chiro sports and wellness: Nutrition and the Athlete Douglas Paul Henderson, 1987

chiro sports and wellness: The Six Keys to Optimal Health Dr. Nicolas Campos, 2008-03-06
The Six Keys to Optimal Health is the definitive guide to achieving and maintaining health and wellness in the 21st century. It details the six key areas that are the secret to living a life of sustained strength, vigor and vitality or an overall state of well-being. It uses a youthful, no-holds-barred approach, while providing a sound philosophical basis to help motivate the reader to carry out this campaign. The book's overall theme is to act as a consciousness changer to help people value their health and see it as something worthy of their care and attention.

chiro sports and wellness: Why Can't I Lose Weight? Lorrie Medford, 1999

chiro sports and wellness: Health Beyond Medicine Scott Paton, 2009 Shortly after my second child was born, he began to experience labored breathing that resulted in vomiting episodes. Every time he experienced one of these episodes, his blood oxygen levels would decrease and his fingernails and lips would turn a bluish color. He was admitted into the neonatal intensive care unit where he underwent multiple tests. The fees exceeded \$16,000, yet yielded no productive information. It was then I decided to adjust his spine to restore balance to his body. After this life-changing adjustment, his medical problems ceased, and he had true complete health. Our medical system is focused on chasing a symptom in an effort to cover it up, rather than treat the whole person and restore balance. Your body has the ability to function normally, or in balance, allowing you to feel your best. When your body is out of balance, it's time to see a chiropractor.

chiro sports and wellness: Complete Manual Therapy Charles Oliver, 2010 Complete Manual Therapy: Combining Chiropractic and Physical Therapy in One Approach is the first text ever to combine the professions of chiropractic and physical therapy. Written by a chiropractor/physical therapist, the sole purpose of this book is to make the reader a more knowledgeable, more effective clinician. The practicing chiropractor will find this text offers him many techniques his physical therapy colleagues already utilize, including strain-counterstrain, myofascial release and therapeutic exercise. The practicing physical therapist will find this book equally helpful, as it presents the chiropractor's view of musculoskeletal dysfunction along with numerous techniques he/she can implement into practice., Dr. Oliver also includes a new approach to manual therapy with the best of chiropractic, physical therapy, movement therapy and energy-based medicine.

chiro sports and wellness: Winning Resumes Robin Ryan, 2002-10-17 A new and improved edition of the ultimate resume guide A career coach and syndicated columnist shows how to use her powerful Goldmining technique to create the most effective resume possible. This remarkable technique is a seven-step process that brings out all of the candidate's most marketable skills and accomplishments. This new edition is updated to offer even better career advice from one of the foremost authorities on job search and hiring practices, including all the newest information on the best ways job hunters can use the Internet to their advantage. Includes a list of dozens of mistakes to avoid and ways to make the resume stand out as much as possible. Also featured are tips from

human resources personnel and hiring managers on key mistakes applicants make on their resumes.

chiro sports and wellness: The Praeger Handbook of Chiropractic Health Care Cheryl Hawk, 2017-03-20 What does scientific research show about the effectiveness of chiropractic care? How are chiropractors trained and what do they do? When should one turn to chiropractic care, and how does one select a practitioner? This book answers all of these questions and more. Chiropractic is the most frequently used complementary and alternative medicine (CAM) practice in the United States, with nearly \$4 billion spent out-of-pocket annually by chiropractic patients. In fact, as evidence for its effectiveness for common conditions such as back pain continues to mount and acceptance grows in a variety of health care settings, chiropractic could be considered more mainstream than many other forms of CAM. In this information-packed single-volume work, an expert team led by Cheryl Hawk—a well-known chiropractic researcher—explains chiropractic licensure, practice, and effectiveness to general readers researching chiropractic care options and to undergraduate students choosing a major or specialty. Readers will see the range of scientific evidence supporting the use of chiropractic health care for many common conditions, learn about the typical chiropractic clinical encounter and chiropractic procedures, and understand the criteria by which patients and other health professionals can use to select a chiropractic physician. This book also provides health care practitioners in other fields with current information that enables a greater understanding of the training and the roles of chiropractors in health care.

chiro sports and wellness: *Living the Chiropractic Way - The Complete Lifetime Wellness Guide* Brad Burke, 2005-12

chiro sports and wellness: Dream Jobs in Sports Fitness and Medicine Laura La Bella, 2012-07-15 This book is an introduction to jobs in sports fitness and medicine, including team physicians, athletic trainers, physical therapists, sports psychologists, and strength and conditioning coaches.

chiro sports and wellness: Sports Fitness and Training Armel Dawson, 2019-07-18 Sports fitness training is all about developing physical conditions to improve sports performance and skills. Sports training programs can help to improve strength flexibility and stamina to improve performance in specific sports. Options include increasing arm strength for tennis playing or improve strength and core stability providing better balance playing golf. Today's athletes are breaking records that many thought were untouchable-in large part due to the major advances in sports training. There are several universally accepted scientific training principles that must be followed in order to improve sports conditioning and performance. Because every athlete is different, each person's response to exercise will vary. This book provides the very best information and insights on sports fitness training. It combines explanations of modern methods with sample training programs, workouts and drills for successful application. The state-of-the art training prescriptions presented in this book will lead to the way to the future of athletic strength and conditioning. It will be very helpful to anyone looking to do any kind of training for sports or even for general conditioning. This is a complete training book which is the equivalent of a personal coach, trainer, and sports medicine doctor in one volume with Illustrations.

chiro sports and wellness: Health Careers Today E-Book Judith Gerdin, 2021-10-20 Find the healthcare career that's right for you! Health Careers Today, 7th Edition provides a complete overview of the most popular careers in health care, helping you make an informed decision in choosing a profession. Not only does this book discuss the roles and responsibilities of different occupations, it provides a solid foundation in the skills and competencies that each health career requires. Clear explanations of anatomy and physiology, disease processes, and treatments provide essential knowledge of the human body and show how health concepts apply to the work of various professionals. From experienced educator Judith Gerdin, this edition adds new coverage of skills and the changing healthcare environment; an Evolve website includes anatomy animations, videos of skills and careers, and more. - Chapters on health careers focus on allied health professions and careers in high demand, including commonly performed skills, education requirements, and potential earnings of each. - Skill Activities provide the opportunity to obtain hands-on experience,

with detailed instructions on how to perform crucial tasks. - Case studies let you practice critical thinking by solving real-world questions and problems. - Health Careers in Practice boxes include profiles of working healthcare professionals and the pros and cons of specific careers. - Brain Bytes reinforce concepts with facts and points of interest relating to the chapter content. - Review questions in each chapter allow you to assess your understanding of the material. - Additional resources include information on professional associations, accreditations, and government agencies for each healthcare profession. - NEW! New and updated content covers health care systems, professionals, and patient workflow, including the latest reimbursement models and a discussion of future trends. - NEW content on fundamental healthcare skills includes topics such as basic accounting, health insurance, and use of electronic health records. - NEW! Expanded content addresses cultural competency, diversity awareness, and bias.

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Joseph J. Sweere, 2004 Sicknes makes people turn inward and become more self-oriented, and chronic debilitating illness robs them of their ability to enjoy life to its fullest. This expansive book of commonsense rules for a healthy life offers practical information and tools for health-conscious people who are not in optimal health but wish to be.

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2010-09-07 This book contains an 8-week program of exercises for chronic low back pain based on yoga and meditation postures along with spinal stabilization exercises to address mechanical causes of back problems. It is based on Dr. Taber's book, The Spinal Answer.

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