

Austin Chiropractor Discusses Sports Injuries and Rehabilitation

Sudden and painful injuries are an unfortunate but common fact of life and sports injuries can be some of the worst. Because of the intense nature of many sports, sports injuries can sideline even the most physically fit for weeks or even months. The most important thing one can do if stricken with a painful sports injury is to take the most effective steps possible in treating it immediately following the incident, during the healing, and during the process of active rehabilitation and finally back to 100% full activity again. As an Austin Chiropractor who has seen and treated my share of sports injuries, I know for certain that the following tips will be effective in most cases to help the injuries recover and return to normal strength and mobility much more quickly than simply deciding to become inactive for the duration of the injury.

Ice the Pain-Immediately following the injury, it is almost always a good idea to apply ice directly to the injured area. Ice acts to both relieve the pain by numbing the site as well as reducing the inflammation that may occur that can cause increased pain and encourage fluid retention and reduce mobility as well. Those who are active in sports should always carry emergency cold packs, and it is a good idea to pack a few on excursions such as hikes or biking trips as well. Runners often carry an extra pack or two in their fanny packs as twisted ankles can be a common injury to runners and they know that the sooner the area is iced, the quicker their recovery period will be.

Get Active!-I know what you're thinking..."Doc, I just hurt myself, give me a break!" I'll bet most of you were told that when you are injured, you should lie down and stay immobile until the injury heals, right? This is NOT necessarily the best advice. Now, for breaks or incredibly bad sprains, limited motion may be what is prescribed, but for many lesser injuries, you will want to keep the blood flowing in the affected areas. I am talking mainly about stretches performed to increase blood flow. This increased blood flow helps to flush the injured area and deliver the healing properties needed to not only speed the healing process, but to encourage regular functioning of the affected area. In addition, a physician may even recommend light weight bearing movements depending on the severity of the condition. If what you are doing won't exacerbate the condition, it just might make it better.

Get back into the game!-As far as active rehab is concerned, while you don't want to hit the field and continue your sports activities too early, mimicking the types of activities you do take part in as soon as possible can greatly speed your recovery as well. As an Austin Chiropractor who has suffered from sports injuries as well, I know how important it is to get your muscles performing at optimum level again as soon as possible. Performing exercises that are similar to those used in your sport is a crucial activity in this final rehab phase before you return to "active duty."

So remember, active recovery is best and with the help of a qualified physician, say, perhaps an Austin Chiropractor, you can be back on your feet again and competing at your regular level of physical ability.