

## **Tackling Football Injuries with Preventive Care**

**CARMICHAEL, Calif. – November 30, 2010** – Bruising tackles and bone-crushing hits are all too familiar among football players at all levels – from the National Football League (NFL) to Pop Warner youth football. Too frequently, the physical nature of football results in injuries, ranging from head and spine trauma, to bone fractures, to muscle and ligament damage.

“While athletes can never predict how and when injury will occur, doctors of chiropractic can assist in treating acute and chronic injuries, as well as introducing preventive measures designed to optimize performance and reduce injury risk,” says Dr. Sol Cogan, Detroit Lions Team Chiropractor and President of the Pro Football Chiropractic Society. “Prior to game time, and especially after the game, receiving chiropractic adjustments can enhance flexibility, range of motion, structural alignment and bio-mechanics, ensuring that the athlete’s body will recover quickly and function at its highest possible level.” Every NFL team provides the care of a doctor of chiropractic for its players.

Repeated hits to the body commonly lead to injuries including strains, sprains and stingers, which may result in severe aches and pains and loss of proper function. As preventive care specialists, doctors of chiropractic suggest football players, of all ages, take the following steps to properly prepare for games:

- Dynamic warm up and stretching before practice and games
- Wear appropriate equipment while making sure all gear fits properly
- Maintain good nutrition to achieve necessary energy levels
- Hydrate to prevent overheating and cramping
- Rest the body before and after activity, using ice for any inflammation
- Discuss all of your symptoms with coaches, trainers and doctors

“Taking a preventive approach with a training routine that includes chiropractic care stacks the deck in the player’s favor - helping athletes recover from injury (or collision induced trauma) by restoring optimal function and reducing the risk of re-injury, and ultimately achieving peak performance on the field,” concludes Cogan.

### **About Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or call 866-901-F4CP (3427).

