

1  
2  
3  
4  
5  
6  
7  
8  
9  
10

## Sports Medicine

### Washington Redskins Cheerleader Talks Injury Prevention

(NAPS)—Football may be bruising, but cheerleading is no walk in the park either. In fact, even at the local school level, it's been rated the most dangerous sport for women by the National Center for Catastrophic Sports Injury Research—and you need only ask a Washington Redskins cheerleader why.



**Washington Redskins cheerleaders stretch to avoid injuries.**

“Cheerleading may look like fun, but it actually involves an incredible amount of stress on your body,” says the Redskins’ Chelsea Causey. “I’ve experienced multiple injuries during my career—everything from pulled hamstrings to sprains to lower back pain—setbacks that chiropractic care always helped me recover from.”

As with all athletic activities, proper stretching and warm-ups are key. “Taking proper preventive measures, such as chiropractic care and appropriate sports-specific exercises, can help reduce risks of injury,” says Dr. Jay Greenstein, D.C., of the not-for-profit Foundation for Chiropractic Progress.

If you do develop pain, a chiropractor can help identify and treat it. For more information, visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

### Did You Know?

Cheerleading has been rated the most dangerous sport for women, say experts at the Foundation for Chiropractic Progress, but preventive measures can reduce risks. For more information, you can visit [www.yes2chiropractic.com](http://www.yes2chiropractic.com).

Football may be bruising, but cheerleading is no walk in the park either. /// Washington Redskins Cheerleader Talks Injury Prevention