



Common Injuries due to Exercise

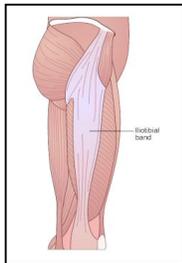
Heel, Foot & Ankle Pain

The Problem: You love to run. The feel of the open road invigorates your body and your mind. But then out of nowhere, you start to feel pain in your heel and the bottom of your foot. Every step is painful and the very thought of running makes you grimace. You may be suffering from a condition known as plantar fasciitis, inflammation in the soft tissue of the sole of the foot. This can be very difficult injury to recover from and may take several months for full recovery.

What You Can Do: Here is an exercise that may help you get back to the road even faster. Massage the bottom of each foot on a daily basis for 5 minutes with a golf ball. Remove your shoes and start in a seated position with the golf ball under your foot. Press your foot into the golf ball and begin circular, side-to-side and up-and-down motions from the heel to the ball of the foot. This may be uncomfortable and tender, but it is necessary in order to break up scar tissues in the soft tissue of the foot. Progressions include doing the exercise in a standing position and applying more body-weight to the golf ball. You can also massage the back of your calf to help release tightness in the muscle that attaches to your heel.

What We Can Do: Our Massage team are experts at working out foot and ankle pain. Schedule a 30 minute massage once per week until the pain is gone. The Massage Therapist will focus on stripping the bottom of your foot (yes, it can be a little uncomfortable) and massaging the tension out of your calves. Chiropractic adjustments to the foot, ankle and pelvis as well as Dr Broosan's Kinesiotaping method will also speed your recovery by restoring joint mobility and stabilizing function.

Knee Pain



The Problem: Are you feeling clicking and popping in your knees? Perhaps walking and going up & down stairs has become a challenge. Knee pain can be a tricky condition because proper motion depends on the functioning of the hips and pelvis. Often times adjusting the pelvis can relieve knee pain without even treating the knee. When you have pain in the knee, it can also be due to a band of soft tissue that connects the knee to the pelvis called the Iliotibial band (IT band for short).

What You Can Do: Lay on your back on the floor with legs outstretched. Bring the right leg up straight above you and wrap an elastic exercise band or a bath towel over the bottom of the foot. Pull the toe toward you with the band/towel feeling a stretch on the back of your leg. Maintain that stretch while you guide the right leg over to the left to feel a stretch on your IT band at the outside of the right leg. Be sure to leave the back and hips flat on the floor while the leg moves left. Return to the starting position and repeat 10 times, then switch to the other leg. For more on ways to stretch the IT band visit our friends at all about you Bootcamp for instructional videos: www.allaboutyoubootcamp.com/how-to-clips

What We Can Do: Our Chiropractic team can take a look at your pelvis, hip and ankle to see if a misalignment in any of these areas is affecting your knee. The proper movement of all of these joints is essential for the health of your knee. For added support Dr Broosan's Kinesiotaping Method is great to keep you moving without pain. Our Massage team can work out any tightness in the muscles that attach to the knee as well as the IT band. Tension in any of the 8 muscles that attach to the knee can create uneven pulling on the knee joint while in motion and be the cause of your knee pain.

Lower Back Pain



The Problem: The thought of getting out of bed in the morning makes you cringe. The very act of sitting up sends an intense ache into your lower back. You think, 'How can I continue exercising and reach my fitness goals when I'm in this much pain?' Lower back pain affects 80 percent of Americans mostly because we sit too much which weakens our core and tightens an important muscle for the low back called the Psoas muscle.

What You Can Do: One of the most powerful ways to help your back is to strengthen your abdominals, gluts and muscles of the lower back. This will create a natural support system for your spine and prevent injury. Next, you must stretch your Psoas muscles AKA Hip Flexors with a stretch known as the "runners stretch". Kneel on the right knee with the left foot planted in front of you. Now lean into the left foot until you feel a stretch on the front of the right hip. Hold for 10 seconds and repeat 10 times, then move to the other side.

What We Can Do: Adjustments to the lower back have proven to be the most effective treatment for low back pain. By aligning the lumbar spine, hips and pelvis nerve pressure is alleviated and pain goes away. Dr Broosan's Kinesiotaping can help create stability and support while the tissues of the low back begin to heal. Massage is also a must in treating low back pain. Injury specific Massage releases built up muscular tension and restores proper function to the muscles of the low back.