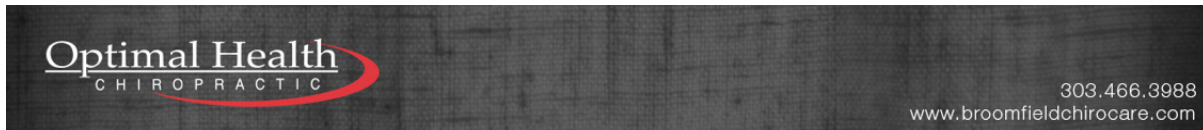


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Meeting the Demands of Youth Sports



Youth sports seem to be a year round activity these days. Seasons are becoming longer, kids are working harder and training more. As a family, we are reminded how hard kids are on their bodies as we watch our son start his baseball season. As a parent and a coach of youth athletes, it is important to acknowledge that they are athletes and they require additional attention that other kids may not. Youth athletes push their bodies harder and may require additional stretching, recovery and nutritional information. Chiropractic care can help youth athletes with a variety of things they are experiencing during sports training.

Injury & Pain Relief

Obviously the most common reason we see young athletes is to help relieve pain caused by a specific injury. A lot of people think that a chiropractor can only help their athlete with spinal pain. While this is certainly the most common issue we treat in our office, we also see kids for knee pain, elbow pain, shoulder pain and ankle pain. Any joint can be effectively adjusted by a chiropractor. Adjustments of the joint can relieve swelling, pain and decreased mobility. We also use other therapies such as kinesiotaping and soft tissue massage to relieve pain in athletes. Another benefit is by utilizing chiropractic to relieve pain we can reduce the amount of harmful pain medications young athletes are consuming.

Strength & Performance

When young athletes spend hours perfecting their craft and training to increase their skills, it is important to give them a foundation to work from. Chiropractic treatment can offer increases in range of motion of joints and mobility of soft tissues around joints. An increase in mobility allows athletes to perform greater motions when training. Increases of range of motion can be very helpful in sports which involve throwing, jumping or swinging.

Preventing Injury & Decreasing Recovery time

Kids who get adjusted typically see a quicker bounce back time. Having a well adjusted spine allows the nervous system to function better. This aids in the body's ability to heal itself. Mobility in the spine and extremity joints also allow the joints to move farther and smoother during competition which may prevent

over-stress of the joint during competition. Motion in joints also allows for fluid movement of muscles ligaments and tendons which helps prevent injury. Movement also aids in pushing inflammation out of soft tissue and allows muscles to heal faster.

It is important when you have an athlete that is giving it their all to improve, to give them every tool necessary to create improvement. Chiropractic care can be a great way to improve performance and reward young athletes for their hard work and dedication.

- Dr Chris

Speaking of youth sports This is your friendly reminder that Dr. Chris is certified to do sports physicals for your athlete! You can schedule online [\(pre-participation physical\)](#) or give us a call.



More Massage Availability



March Dates to Know

More Massage Availability

Having FOUR massage therapists on staff means we have more massage availability than we've ever been able to offer in the past. The other thing that means is we can offer a wide range of massage services from therapeutic massage, to barefoot, to prenatal, heated stone, reiki and even reflexology.

Schedule online, call or text (720-610-2726)

<https://www.messagebook.com/biz/OptimalHealthMassageTherapy>

March Dates to Know

For many families, March means spring break! This year, we will be out a couple of days, so you'll want to make sure you take note. For spring break week, we will be OPEN Monday, March 20th, all day. That is your day to get adjusted that week. After that, we will be CLOSED Tuesday - Thursday, RETURNING to the office Monday, March 27th.

You can easily schedule your adjustment online to stay on track: optimal-health-chiropractic.booksy.com



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