the SPINAL COLUMN

Life is better when you're aligned.

APRIL 2025

Spring into Action:

Injury Prevention with Upper Cervical Chiropractic

As the days grow longer and temperatures rise, many of us feel a renewed energy to get outside, be active, and embrace a healthier lifestyle. Whether you're picking up a new sport, starting a jogging routine, or simply enjoying outdoor activities, it's important to protect your body from injury. One of the best ways to stay active and injury-free is by maintaining proper spinal alignment through upper cervical chiropractic care.

Why Spinal Health Matters for Injury Prevention

Your spine plays a crucial role in your body's movement, balance, and stability. The upper cervical spine, located at the top of the neck, influences how the entire body moves and functions. Misalignments in this area can lead to muscle imbalances, poor posture, and an increased risk of injuries. When your spine is in proper alignment, your body can move more efficiently, reducing strain on joints and muscles.

Common Springtime Injuries and How to Prevent Them

Spring activities can sometimes lead to injuries if you're not careful. Here are a few common ones and how upper cervical chiropractic care can help:

1. Strains and Sprains

- **What Happens?** Overuse or sudden movements can lead to stretched or torn muscles and ligaments.
- **How to Prevent It:**
  - *Warm up before activity with dynamic stretches.*
  - *Strengthen stabilizing muscles to improve balance.*
  - *Ensure proper spinal alignment to reduce stress on your joints.*

2. Lower Back Pain

- **What Happens?** Poor posture, heavy lifting, or improper movement can strain the lower back.
- **How to Prevent It:**
  - *Engage your core muscles during activity.*
  - *Maintain an ergonomic posture, whether sitting or moving.*
  - *Regular chiropractic adjustments can help keep your spine in optimal alignment.*

3. Runner's Knee

- **What Happens?** Misalignment of the knee joint, often influenced by poor spinal posture, leads to pain and discomfort.
- **How to Prevent It:**
  - *Strengthen your quadriceps and hip muscles.*
  - *Wear supportive footwear.*
  - *Get an upper cervical adjustment to ensure proper alignment of the spine and lower body.*

4. Plantar Fasciitis

- **What Happens?** Inflammation of the foot's arch due to improper biomechanics and excessive strain.
- **How to Prevent It:**
  - *Stretch your calves and foot muscles daily.*
  - *Use proper footwear with arch support.*
  - *Upper cervical care helps balance your posture and reduce excess pressure on the feet.*

A well-aligned spine allows for better movement coordination, balance, and overall function. Here's how upper cervical chiropractic adjustments support injury prevention.

Simple Daily Habits to Stay Injury-Free

- **Stretch and Warm Up:** Always start your activities with proper warm-ups and dynamic stretching to prepare your muscles.
- **Stay Hydrated:** Dehydration can cause muscle cramps and increase injury risk.
- **Strengthen Core Muscles:** A strong core stabilizes the spine and reduces strain on other body parts.
- **Maintain Good Posture:** Whether you're sitting at work or standing, proper posture helps prevent long-term spinal stress.
- **Listen to Your Body:** Rest when needed and avoid pushing through pain.

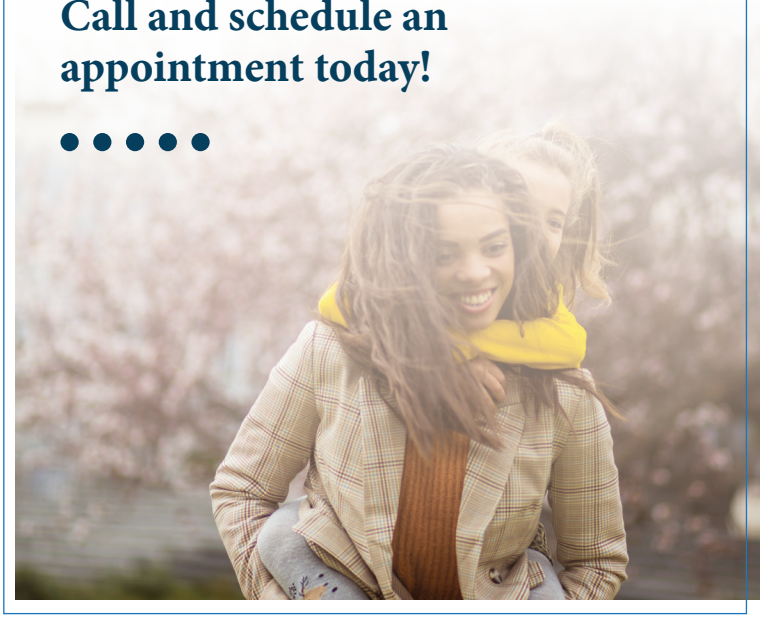
Spring Forward with Better Health

This spring, take proactive steps to protect your body and enjoy an active, pain-free season. Whether you're training for a race, playing sports, or just enjoying the great outdoors, upper cervical chiropractic care can help you move with confidence and ease.

Stay safe, stay active, and enjoy everything spring has to offer—without the pain!

Upper Cervical Chiropractic corrections are a holistic solution to help *Injury Prevention*

Call and schedule an appointment today!



What's Next?

The next step is to schedule an appointment.

Our team will be happy to answer all your questions and help you decide if this is the right path for you.

Dr. Olivia Healey
Owner & Chiropractor

Ryan Walz
Massage Therapist

Kristen
Chiropractic Assistant

Jessica
Chiropractic Assistant

Perfect Touch
CHIROPRACTIC

925 Walnut Ridge Dr Suite 250
Hartland, Wisconsin, 53029
(262) 500-4311
perfecttouchchiro.com

/perfect_touch_chiro

Take advantage of our $49 New Patient Special! Inquire at the front desk.