

Exercise Compliments Chiropractic

By Dan Sullivan



In order to achieve and maintain total health and wellness it is important to combine the benefits of regular exercise with ongoing chiropractic care. “If you don’t use it, you’ll lose it,” says Dr. Michael Hartle, Allen County Sports and Chiropractic, Fort Wayne, IN.

Regular chiropractic care has a host of benefits, including pain and stress relief, while regular exercise can help with the management and recovery from injuries.

“A majority of chiropractic adjustments focus on relieving muscle and tissue tension throughout the neck, shoulders and lower back,” says Dr. Ed Green, a chiropractor at the Chiropractic Sports Institute in West Lake Village, CA. Once this tension has been relieved an individual needs to resume a regular

exercise routine, or start a new one, in an effort to continue to manage their stress.

A NATURAL COMBINATION

Green says that strength training is important for joints such as the shoulder which by design are very mobile and unstable. “Strengthening the shoulder joint is especially important for complimenting spinal adjustments,” he says. If the shoulder remains weak and unstable, the benefits of chiropractic adjustments can be lost.

ADDED BENEFITS

According to the Virginia Institute of Chiropractic website, stretching exercises, swimming and range of motion exercises all help to reduce

arthritic pain and increase joint mobility.

“Cardiovascular exercise is important as well,” says Green. “When the body recovers from any sort of pain due to an injury, it needs to circulate nutrients such as oxygen to the muscle tissue. The better cardiovascular condition a person is in, the more efficient this delivery process becomes and the quicker the body will heal.” In addition to circulating nutrients better, Green counts weight loss, reduced blood pressure and improved pulse amongst the many benefits of regular exercise. Any exercise will ultimately make a person stronger and healthier and that in turn will make any chiropractic treatment much more effective.

MIX IT UP

If time is not an issue then Green strongly advocates incorporating all sorts of exercise into a regular program. “Whether it is core work, bands, stability balls, Pilates or yoga, **any and all exercise will ultimately make a person stronger and healthier and that in turn will make any chiropractic treatment much more effective.**”

The Virginia Institute of Chiropractic notes that exercise can help increase energy levels when performed for as little as 20 minutes, two to three times per week. Not only does exercise boost energy, but it will also help individuals to sleep better.

Prior to starting a new exercise routine everyone should be screened by their doctor says Green.