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psustain activity (tennis)

Towards Enjoying Tennis for A Lifetime

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Tennis has been recognized by many to be the sport for people of all ages- for kids, teenagers, young adults, and senior citizens. Tennis brings friends, families, and even countries together. Tennis is a sport that nurtures the individual by encouraging teamwork, and by promoting physical, mental and social well-being.

Unfortunately, frequent deterrants such as nagging injuries and other health problems take away from the enjoyment of tennis with friends and family.

Parts of a Chiropractic Viewpoint:

1. United are the cells, tissues and organs of the body through the nerve system. The nervous system controls and organizes function and growth of the whole body.
2. Spinal subluxations refer to imbalances in the spine that can affect nervous system function. Nerves can become short-circuited and effect health potential. The body, the joints, and anything fed by nerves can be effected.
3. Adjustments correct spinal subluxations and raise health potential working with the natural action potential of the body through the nerve system. Health is our natural state.

There are many causes of spinal subluxations. For tennis players, spinal subluxations can be caused by using one arm more than the other, twisting the spine from strokes in uneven ways, playing tennis on a hard court for extended periods of time, running fast and stopping quickly, or walking with a limp from a sprained ankle or other injury. Traumas and injuries such as these cause misalignments in the spine. If uncorrected, the spine can heal or grow abnormally, interfering the nerve system. Problems with coordination, balance, or pain may result.

Arthritic knees and hips, chronic muscle strains, instability of the joints can be results and causes of nerve system interference involving spinal subluxations.

We invite you to schedule an appointment and look toward seeing you enjoy tennis for a lifetime with your friends and family.

QR Code for 1st 5 Steps Needed to Start Care:

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