

eBook



by Dr. Matthew Tompkins, DC, CPT

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HOW CHIROPRACTIC CAN HELP YOU IN THE GYM

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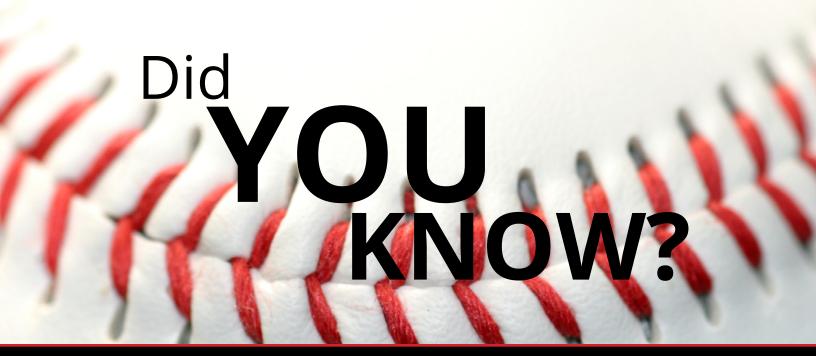
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"Without chiropractic, I wouldn't be able to play consistently throughout the season."

— Johnny Damon

Did you know that Lance Armstrong, Michael Jordan, Tiger Woods, Joe Montana, Nolan Ryan, Muhammad Ali and Carl Lewis all have something in common?

Besides being incredible athletes, they all receive regular chiropractic care! They, along with numerous other professional and Olympic athletes, attribute part of their success to chiropractic.

You do not need to be a professional athlete to benefit from chiropractic. Anyone involved in physical



activities should receive regular chiropractic care in order to prevent injuries, facilitate healing and reduce wear and tear on the body. Injuries like sprains, strains, pulled muscles, tendonitis, bursitis and joint problems in the shoulder, elbow, wrist, hand, hip, knee, ankle, and foot respond wonderfully to chiropractic care.

How DOES CHIROPRACTIC Improve Athletic Performance?

"Bodybuilders and fitness pros of been using chiropractic very extensively in order to stay healthy and fit I found it was better to go to a chiropractor before you get injured. We are the perfect team, the world fitness world and the world of chiropractic."

Arnold Schwarzenegger

Chiropractors view a person as an integrated being, focusing on the nervous system, the spine, joints, tendons, ligaments, and muscles. Chiropractors approach the body holistically, and help athletes obtain peak performance by making sure that all of the body's systems and mechanics are functioning at their best, minimizing the chance of injury and facilitating efficient recuperation from any existing injuries.

Increased Efficiency: Chiropractors look at the body in precise detail and through your examination you can discover areas of inefficiency that will limit your athletic capacity. This may be a result of decreased flexibility, muscle imbalances or muscle and joint instability or weakness. By determining these area and correcting them through chiropractic care you will see increases in strength, speed and performance.

Decreased Injury: Injury often is due to over use and wear and tear on a muscle or joint, and finally it just gives out. Sometimes the injuries can lead to surgery or permanent disability. Chiropractors find the areas of increased stress and help correct it before it becomes an injury.

Decreased Recovery Time: Anyone who is active knows that sometimes no matter how proactive you are to prevent injuries, they still happen. When they do if you see a chiropractor after an injury, chiropractic care creates an optimal environment for healing and allowing you to heal faster than if you were not to receive chiropractic.

Decreased Re-injury: The key to prevention of re-injury is to get to the root cause of the injury. Determine if it was a restrictive joint that put the body at risk, a muscle weakness, a muscle imbalance or joint instability. Determination and proper treatment can be done by Dr Matt at Tompkins Chiropractic.



"I didn't know how much I could improve until I started seeing a chiropractor. Since I've been receiving chiropractic, I've improved leaps and bounds, both mentally and physically."

— Michael Jordan

When there is a restricted motion in a spinal joint in the body that is cause for interference in proper body function and mechanics. Chiropractors put you through a thorough and detailed examination to pinpoint where these areas of stress are occurring in the body and then determine the best technique to remove any restrictions and tension, allowing the body to return to a healthier state. It is more than just the bone that is being addressed, Dr. Matt looks at the body and joints in a different direction than most chiropractors, he focuses on the soft tissue and it's function or dysfunction in the movements of the body. Here are some of the treatment techniques he will use to help you reach your peak as in the gym.



Chiropractic Adjustment: This is a hands on technique involves a low amplitude thrust to adjust the spine and correct any joint dysfunction. This style of adjusting is gentle and safe and it continues to be the most used form of manipulation in the chiropractic field consisting solely of hand on manual adjusting – no tools or devices are used to perform the adjustment.



Soft-Tissue Mobilization Therapy (STM): Often the muscles and ligaments can be a secondary or even the primary culprit in restricted movement or pain and STM is a valuable tool to focus on those areas of the body. Soft tissue manipulation is a broader category that has two sub-categories: **Active** and Passive forms of therapy. With Passive SMT the patient is relaxed and the doctor applies deep tissue massage and trigger point therapy. With Active SMT the patient move a specific muscle through its range of motion while the doctor



applies hands on pressure to that same muscle, creating a deep tissue in that muscle. Both methods are very effective in providing relief for muscle and joint pain.

"I go to see the chiropractor when I get bent out of shape on Sundays. Playing football game is like being in 30 to 40 car accidents."

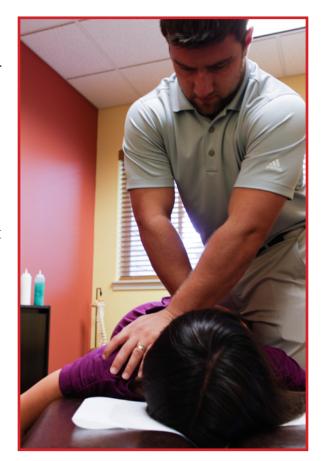
— Emmitt Smith



Movement Screening: The patient is taken through a series of movements that are scored on performance. This score will allow us to pinpoint functional imbalances that can allow Dr. Matt to predict injury and performance. This will also give us clues as to the source of pain or the underlying cause of certain pathologies.

Postural Screening: 2 digital pictures are taken of the patient (a front view and a side view) and with those pictures a software program is used to do the postural analysis. This analysis provides a wealth of information that will point to the cause of the patients pain or point a potential risk factor that if addressed can prevent pain or injury down the road.

Chiropractors also educate athletes on proper exercise techniques for their sport or activity, as well as stretches and nutritional support. If you are injured or are looking for a way to optimize your performance please visit a Chiropractor today.



"Lifting weights and seeing a chiropractor on a regular basis has made me a better golfer. I've been going to Chiropractors for as long as I can remember. It's as important to my training as practicing my swing." "Being a chiropractic patient has really helped me a lot.

When I was in a growth spurt, my back became very sore and I was weak. My chiropractor really helped me. Not only did he adjust my spine, he also gave me strengthening exercises to do. If you are tall and gangly, like I am, or just play sports, I would recommend chiropractic."

— Tiger Woods





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