

Dr. C's Chiro and the Tri #1

July 29, 2016



Hello fellow Gators! As many of you know, I'm out on "Paternity leave". Yes...Lil Ms. HARPER ELISE CONNELLY arrived on July 2nd at 6:56 am... 7 pounds, 11 ounces, 20 inches long, and her mommy delivered her naturally. With that in mind, I write with hopes of sharing some of my thoughts that might be useful to your long term well being in endurance sports.

I've wanted to discuss the aspects that many athletes deal with when it comes to chronic injuries. My belief is that most chronic injuries come from structural or functional problems we have as athletes. And as triathletes most of our injuries end up being of the repetitive, overuse variety. I also believe that most of our non-traumatic injuries, i.e. injuries that seem to happen for no reason at all, are linked to structural weaknesses that we have in our bodies. Many athletes think they need to strengthen a particular muscle group when the injury often has nothing to do with a muscle weakness, but rather with a structural problem that is related to muscle function.

As a chiropractor I often operate off of both premises and address structural problems along with functional problems. Can a structural problem be corrected by working the functional muscles? The answer is a resounding "YES!" With physical therapy, the muscles that surround the joint are being worked. And at the same time, a chiropractor will work a joint that impacts the muscles and how they function.

Back in 1988 when I qualified for the Olympic trials in the 10,000 meter run, I missed my chance due to a functional problem that I had with my knee. I couldn't run for more than ten minutes without my knee locking up. Back then, in the late 1980s, they didn't do exploratory MRIs like they do today. I did have exploratory arthroscopy only to have been told that there was nothing wrong with the joint. So I figured what the heck, why not see a chiropractor.

It was explained to me by the chiropractor, who was also a runner that the problems I was having in my knee were related to my hips and pelvis based on a structural problem that I had from an injury resulting from a fall many years earlier. After spending nearly three months in physical therapy rehab with no positive results, I ended up achieving great results after only three treatments with my chiropractor. I want to add that the purpose of this article is not to minimize the value of physical therapy; many of you that have visited our office know that our philosophy is that healthy correctional exercise helps joint function.

I've attached a link to an article out of a journal called "Dynamic Chiropractic" that discusses structure versus function. Without getting into too much detail (as many of you know I'm a very simple guy), many triathletes have chronic, nagging injuries that we "TRI" to train through. The result of this is that it's not a matter of if you will get injured... it's when. Many have functional problems, for example tendonitis or tendinopathy or muscle syndromes that impact our shoulders from swimming or biking or the hips and knees from running. We look to correct biomechanical issues in swimming, which gives us better performance in the water.

As a chiropractor, my feeling is that shoulder dysfunction and hip dysfunction all revolve around the structure of your body and, more specifically, the spine. In gaining an understanding of where your weaknesses are structurally, we can aid in conquering some of the functional imbalances that create tendon inflammation surrounding a joint. Some of you that have visited us have experienced such positive results.

I encourage you to learn more through the article at the following link...

<http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=43542>

Please reach out to me if you have any comments or questions. I would welcome your thoughts. As always I'm delighted to serve and be part of the team and help anyone that has questions or concerns about their body as they strive to stay healthy during this triathlon season.