



Cheerleading & Chiropractic



The National Center for Catastrophic Sports Injury Research lists cheerleading as the most dangerous sport for women.



Cheerleading is a very physically demanding sport, particularly when participants perform routines that involve gymnastics or acrobatics or execute maneuvers that require them to support a lot of weight.



Performing well as a cheerleader requires excellent balance, strength and range of motion.

It is the gymnastics portion of cheerleading that contributes most to overuse.

Most cheerleading injuries are from repetitive or overuse activities, including "plantar fasciitis, patellar tendonitis, ankle sprains, stress fractures, hip strains, and inflammation around the hips".

The lower back is often hyperextended from back flips, back bends, back handsprings, and standing. Knee injuries are also common, due to the shoes, stunts, and landing "tumbling maneuvers".



Cheerleaders also suffer from overuse of the elbows, shoulders, and wrists, especially for those at the base of the partner stunts.

Chiropractic Care

Chiropractic is effective for many sports injuries. Professional cheerleaders often seek chiropractic care, as it is safe, non-invasive, and effective for many of the injuries, such as pulled hamstrings and lower back pain. Tight hamstrings are a common cheerleader complaint, and chiropractors can offer treatment such as the Cox Technic, exercises, stretches, and even nutritional advice.

Chiropractic care may help prevent future degenerative issues by decreasing the "extensive wear and tear on (the) bodies". Aside from pain relief, chiropractic treatments could also help athletes maintain better balance and body control.

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