



"A healthy mind makes a healthy body" means that we need a well-balanced life. And fortunately, more children, adolescents and adults are devoting some of their leisure time to physical exercise and sports, individually or in teams. For many reasons, including better health and a sense of well-being, chiropractic is -- of course -- strongly in favor of such activities and disciplines.

This does not mean that all sports are equally beneficial or appropriate. Some sports require that we use our whole body; while others emphasize only specific body parts and movements. Some sports, despite being our favorite ones, multiply the risks of falls and injuries to some of our body parts, more specifically:

- american football: head, lower back, pelvis and knees
- baseball: shoulders, arms and knees
- cross-country skiing: shoulders, elbows, spine, pelvis, knees and ankles
- golf: cervicals, lower back and pelvis
- horsebackriding: neck, lower back and pelvis
- tennis: elbows, neck, lower back and pelvis

We need to remember that a violent blow to the bones of a child or adolescent may affect the normal development of these bones. Furthermore, when a shock is absorbed by the body, it will invariably be absorbed by the vertebral column, whose structure constitutes the main framework of the skeleton. The vertebrae, with their disks, ligaments and muscles, absorb shocks, falls, violent movements etc., according to their resistance, the strength of the applied forces, and the angle of penetration. Shocks and stresses to the body and the spine will lead to different degrees of dysfunctions. And eventually, pathologies will develop.

The Chiropractor is educated to detect these problems and/or lesions and to bring the best solution to these situations. Also, to advise how to utilize the neuro-locomotor system at its best in order to augment both performance and endurance in the practice of these sports.

These are all excellent reasons to have a Chiropractor examine you before engaging in a new sport or activity. Chiropractors can also be hired to come to your sport activity center(s) to watch people practicing; to give advice, and help recover more quickly after injuries on the field.

With proper attention to your skeletal structure while playing sports, the end results are:

- a better sports performance;
- a better physical and nervous system balance overall.

**For more information, please contact me at:**

HEALING FACILITATION ®

Avenue des Nénuphars 11/1  
B-1160 Brussels (Auderghem)

Avenue d'Esneux 256  
B-4130 Esneux (Tilff-Méry)

Tel. 02 660 5765  
Fax. 02 675 4545

Tel. 04 226 1073

Email: [genevieve@chiropractorbergiers.be](mailto:genevieve@chiropractorbergiers.be)  
[www.chiropractorbergiers.be](http://www.chiropractorbergiers.be)

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