

Why ART[®] Should Be A Part Of Your Marathon Training

By Dr. Jon DeGorter, DC



Whether you are training for your first marathon or you are a seasoned veteran, everyone wants to reach the finish line feeling healthy and happy. Completing a marathon is a big commitment. With the amount of time and planning required to accomplish this distance, it makes sense to take precautions to prevent anything that can disrupt your race, including an injury.

In addition to proper training, nutrition, stretching, adequate rest and recovery, an additional way to ensure a good race is seeing a sports injury care specialist. Many top athletes see a chiropractor specializing in sports injury care without an injury. There are several major benefits of chiropractic care for marathoners:

Better Performance

When your body is in symmetry you will have increased stability, and better running efficiency. Postural alignment and muscle balance are the basis of proper movement and performance. If your body becomes misaligned due to muscle imbalances, it will affect your form and your ability to improve, and set you up for a long list of injuries: hip flexor tendonitis, knee and ankle issues, quadriceps, hamstring and calf strain, achilles tendonitis, IT Band syndrome and more.

Muscle imbalance occurs when overused muscles become stronger than less active muscles around them, especially the muscles used while running. The stronger muscles overcompensate for the weaker ones. When the weaker muscles can't match the strength and endurance of the stronger ones, they fatigue more easily and causing the stronger muscles to work harder. Over time, these muscles wear down and develop overuse injuries.

Increased Range of Motion

Loose and relaxed joints allow for greater flexibility and movement, all of which benefit a runner's gait and time. Better range of motion translates into increase in speed, unrestricted joints and better range of motion will definitely help a person move more freely and stand a better chance of avoiding injuries. We focus on mobilizing joints and releasing short, tight muscles and soft tissues, and strengthening longer, weaker muscles to correct the body's alignment and increase movement control. Proper alignment and muscle balance will reduce tension, increase strength and range of motion, which will improve your running form with better biomechanics and greatly reduce the risk of future injury.

Quicker healing

Active Release Technique can assist in the recovery from the intense training required for a marathon. From increasing blood flow to problem areas to breaking up restrictions with manual manipulation, as well as promoting better circulation, easing muscle pain, ART treatment helps the body heal faster.

Jonas Chiropractic Sports Injury Care

Taking care of yourself when you're healthy can be the best way to avoid future injuries. By adding Active Release Technique®, Graston Technique or Cold Laser Therapy to your marathon preparation regiment you can achieve better results, as well as avoid injury. From improving flexibility to promoting proper alignment of the skeletal structure, ART is highly beneficial in keeping the body moving efficiently. A trained and experienced chiropractor can determine the likelihood of a future injury by identifying muscle imbalances or joint restrictions that produce compensations which may be harmful in the long term and eventually lead to an injury.

Active Release Technique® involves intense active movement-based massage treatments, which sets it apart from passive massage techniques and physical therapy treatment. ART® and Cold Laser Therapy promotes faster recovery, restoration of normal tissue function and helps prevent injury by reducing scar-tissue build-up and promoting ideal muscle length through the healing process. While other therapies can provide relief, ART® combined with specific stretching and exercise heals tissue in the shortest time with the lowest incidence of re-injury.

Dr. Jon DeGorter is the USATF-Long Island Chair of the Sports Medicine Committee and part of the Jonas Chiropractic Sports Injury Care team. Dr. Jon specializes in treating runners and triathletes — keeping athletes doing what they love to do.