

Are You Injury Prone?

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Jonas Chiropractic Sports Injury Care



Some runners seem to recover from one injury only to have another injury pop up in another area of the body. It is not uncommon for the injuries to move from the right side, to the left side, and from upper leg to lower leg. These injuries may seem unrelated, aside from being caused by running. But even though they affect different body parts, and may occur months apart, they are often secondary injuries. Secondary injury is when one injury leads to another. The primary injury could be to the ankle, knee or hip, and you would think it affects nothing more than the injured site. But a localized injury could result in problems that affect another part of the body even months later. A painful knee can alter your biomechanics so that it affects your back, leading to a secondary injury even after the knee heals. The primary injury goes unnoticed because of the time that lapsed since the initial,

seemingly unrelated, injury.

Secondary running injuries happen when you continue to run through pain, which changes your normal gait and form as you favor the injured area, whether you realize you are doing it or not. Pain from a sprained ankle may go away after three or four months, but the ankle may not have been fully rehabilitated. If complete strength and flexibility is not restored to the original injured joint, a biomechanical habit may develop from favoring it. When strength, flexibility and biomechanics are out of balance, you are three to four times more likely to be injured again.

When the primary injury does not fully heal or the repaired tissue does not function normally, it can become a chronic condition. If the injury is left untreated and the trauma is repeated, permanent changes occur in the tissue — it becomes scarred and fibrous, losing strength and flexibility. If you continue to exercise with weakness from a previous injury you are ripe for developing a secondary injury. While compensating for weakness in the one area, you place additional stress on another body part, leading to a secondary injury.

When seeking treatment for the current injury the primary injury also needs to be considered. A good sports-medicine specialist will compile a complete medical and training history to properly diagnose the root cause of pain and injury and establish a comprehensive program for rehabilitation.

Active Release Technique® and **Graston Technique** are two highly effective methods for treating soft-tissue injury, and preventing formation of adhesions and scar tissue to help prevent future injury. **Active Release Technique®** stimulates repair and accelerates healing by restoring normal tissue texture and reestablishing full flexibility, balance and stability. What makes **ART®** different from physical therapy and other treatments is how it identifies and heals scar tissue adhesions that are interfering with normal strength and flexibility with precise, targeted movements, not simply stretching out the muscles. **ART®** is completely natural and non-invasive and can prevent the need for more invasive treatment.

At **Jonas Chiropractic Sports Injury Care** you receive a personal treatment plan geared to your training and recovery goals. As trained **ART®** providers we pinpoint the problem area and the underlying cause contributing to pain and injury. We are dedicated to keeping up with the most effective procedures that provide significant positive results, which include stretching, strengthening, manipulation, cardiovascular exercise, and other modalities to thoroughly cover all bases. Our multidisciplinary approach leaves no stone unturned. Our approach is as unique as you are.

Dr. Jon DeGorter is part of the Jonas Chiropractic Sports Injury Care team. Dr. Jon specializes in treating runners and triathletes. He is well versed in injury prevention and rehabilitation — keeping athletes doing what they love to do.