

“PLAY YOUR GAME”



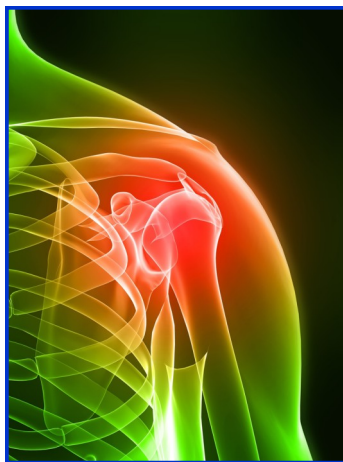
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Shoulders and Springtime, by Dr. Timothy L. Smykal

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With spring upon us, we will be throwing baseballs, playing tennis, swimming or practicing our golf swings. All these sports rely on shoulder power, and so you would think that we would have hulking shoulders. The fact is that many of us do not because shoulder strength and mobility for these sports actually rely upon a set of small muscles well hidden from the outside.



Flexibility is the shoulder's outstanding attribute – it is the body's most flexible joint, which is why we can perform such varied movements. But this great range of motion comes at a price. The ligaments that keep the shoulder in place are relatively weak with stability coming from the muscles and tendons running across the joint. If some of these muscles are weak or out of balance with other muscles, the risks of strains or sprains

increases. Keeping them strong and flexible may not only prevent injury but can also improve your game.

Unfortunately, the common repetitive motions involved in golf, swimming, tennis, throwing, and other sports often weaken the muscles over time causing

microscopic tears that can lead to tendonitis, muscle strains, or ligament sprains. It is easy to understand why so many athletes are sidelined each season with shoulder injuries.

If you are experiencing shoulder pain, call Dr. Smykal for a sports evaluation. Once you have been properly diagnosed, the next step is to decrease inflammation along with increasing range of motion. Next you should progress into strengthening exercises, followed by a healthy return back to your sport. ☺

Benefits of Spinal Adjustments / Manipulations

There are many benefits for athletes to have spinal adjustments and manipulations. They are:

- 1) Improving joint range of motion, which improves nutritional joint perfusion and synovial lubrication during repair,
- 2) Lessen or eliminate joint and adjacent adhesions/scar-tissue,
- 3) Improve vascular (oxygen/nutritional) supply,
- 4) Pain relief. Improves joint function and lessened irritation. Improves pain threshold, and normalizes dysfunctional excitation or inhibition,
- 5) Reduces or eliminates joint stiffness,
- 6) Allows myofascial tissues to interact more normally,
- 7) Improved function of joint means less future abnormal degenerative wear and tear.

Chiropractic Care Center Menomonee Falls

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Specializing in:

- Accidents
- Sports Injuries
- Sports Rehabilitation
- Work Related Problems

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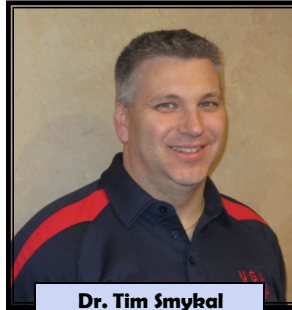
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Call for Appointment



Dr. Tim Smykal

About Dr. Tim Smykal

Dr. Smykal graduated from the National College of Chiropractic in Lombard, IL in 1990. Dr. Smykal is Board Certified in Chiropractic Orthopedics and Sports Medicine, is a Certified Kinesio-Taping Advanced Practitioner, and ART certified (Lower Extremities).

Having a special interest in prevention, treatment and rehabilitation of sports and orthopedic injuries, Dr. Smykal focuses his practice on the treatment of acute and chronic musculoskeletal conditions as well as lower back pain, neck pain, headaches, and shoulder/knee/ankle injuries.

In addition to his chiropractic practice, Dr. Smykal is a Team Chiropractor for the USA Powerlifting Team, and works with LaFleur’s Gymnastics and FC Milwaukee Soccer clubs.

What is Active Release Techniques (ART) to Individuals, Athletes & Patients?

ART is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles.

What is ART Treatment Like?

Every ART session is actually a combination of examination and treatment. The ART provider uses his or her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements.

These treatment protocols - over 500 specific moves - are unique to ART. They allow providers to identify and correct the specific problems that are affecting each individual patient. ART is not a cookie-cutter approach.

www.activerelease.com



Kinesio Concepts
(www.kinesiotaping.com)

For more than 25 years, Kinesio Taping has been breaking new ground in the fields of sports performance, pain management and physical therapy.

The Kinesio Taping Method is designed to facilitate the body’s natural healing process while allowing support and stability to muscles and joints without restricting the body’s range of motion. It is used to successfully treat a variety of orthopedic, neuromuscular, neurological and medical conditions. Both Kinesio® Tex Tape and the training protocol have shown results that would have been unheard of using older methods and materials.

Theoretically, KINESIO TEX® TAPE will lift the skin to increase the space between the skin and muscle. This reduced localized pressure helps promote circulation, lymphatic drainage, and lessens the irritation on the subcutaneous neural pain receptors. Thus, the Kinesio Taping Technique reduces pain, swelling and muscle spasm, and subsequently promotes the body’s natural healing processes. Additionally, the built-in stretch of the TAPE supports fatigued, weakened and/or strained muscles.

The Kinesio Taping Method is applied over muscles to reduce pain & inflammation, relax overused tired muscles, and to support muscles in movement. Examples of use are:

- Hamstring & Groin Injury
- Rotator Cuff / Shoulder
- Low Back Spasms/Strain
- Plantar Fasciitis
- Knee Conditions
- Ankle Sprains
- Tennis Elbow
- Pre/Post Surgical Edema
- Herniated Disc

“Something better than any laser, wrap, or electric massager...The Tape. It is a special hot-pink athletic tape that came from Japan and seemed to have special powers. Every morning before the stage, they would tape us all up, different parts of our bodies . . . George’s back, Chechu’s knees. Sometimes we’d be so wrapped up in hot-pink tape that we’d look like dolls, a bunch of broken dolls. But the next day the pain disappeared—it was gone.”

Lance Armstrong

