

## **As a runner, should I see a chiropractor?**

Being a chiropractor as well as a long distance runner, I recognize the necessity of maintaining optimum health in order to prevent injuries and maximize athletic performance. I've been asked many times over the years if chiropractic is really beneficial for runners and worth their time to see if it can help them with their aches and pains.

Running (even when done correctly) is hard on the body.... plain and simple. That's why stretching, core strengthening, and cross training are imperative to preventing injury and remaining balanced. Chiropractic care involves analyzing the structure of the body, its balance and biomechanics, and making adjustments when necessary. For those wondering if they can be helped with chiropractic care, it's as simple as getting checked and then deciding if you want to begin care. Most chiropractic offices will tell you when AND if they can help you, educate you on what type of care is needed and then allow you to decide if you want to go forward with care. Often times nutritional support will be recommended as well.

Question no more, chiropractic and running make a great team!

*Written by Dr. Heather Yost  
Urbandale Living Magazine  
June 2011*