

LIFE &amp; FAMILY

# HEALTH LINES

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## Because Many Sports-Related Injuries Involve the Spine Chiropractic Treatment May Help, Doctor Suggests

Medford, LI - Professional sports teams, Olympic trainers, and competitive athletes are employing chiropractic doctors--because they demand results for sports injuries, according to Dr. Craig Rubenstein, who has treated Olympic athletes on the USA freestyle ski team in the 1990 World Cup freestyle ski competition in Calgary Canada. Similar treatments often help "weekend warriors," joggers and those who want to stay in shape.

Chiropractic care helps restore function to spinal and other joints such as shoulders, elbows, wrists, hips, knees and ankles that are "locked up," fixated, and not moving properly, according to Dr. Rubenstein of Rubenstein Wellness Group of Medford, who has treated noted martial arts experts, athletes, celebrities and dancers. Besides helping to relieve pain, chiropractic care combined with specific nutrition can also help reduce inflammation. Muscles, tendons, and ligaments depend upon proper joint movement for peak performance. (Complimentary *Wellness Wisdom*<sup>TM</sup> Newsletter, call 516.696.2039 or 212.213.9494.)

"Whether you golf, play tennis, rollerblade, bicycle, or bowl, the best treatment for sports injuries is prevention," says Dr. Rubenstein. "Many sports injuries can be prevented by proper stretching, warm-up and warm-down exercises, staying in shape and having proper function of your joints."

To help you avoid strains, sprains, and other activity-restricting health problems, Dr. Rubenstein recommends an aerobic exercise program or a plan of brisk walking to improve muscle tone.

"Many cutting edge oriented chiropractors today integrate the best of the latest advances in nutrition and neurology," says Grandmaster Andrew Linick,

Ph.D., a 10th degree black belt in Okinawan karate, whose life has been changed by Dr. Rubenstein's eclectic approach. "Rubenstein provides the inspiration and support people need to put the power of healing into their own hands."

Treated by Dr. Rubenstein, Linick follows a continuing schedule of individualized nutritional support and neurologically based chiropractic checkups to help detect, correct, and maintain optimum nutritional, spinal and nervous system function.

Dr. Rubenstein says too often sports injuries and nutritional deficiencies among youngsters are mistaken as "growing pains." He says periodic checkups can help avoid problems seen later in adults.

"Spinal injuries at any age can restrict range of motion, reduce strength, slow reflexes, shorten endurance, decrease performance and even decrease ones brain functioning," Dr. Rubenstein says.

"Improving daily nutrition through diet, exercise and a well-planned program of targeted nutritional supplementation can prevent and improve quality of life," he says.

Chiropractic care, combined with proper diet and nutritional supplements, fun exercises, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest, according to Dr. Rubenstein.

For a free copy of the Rubenstein Wellness Group's *Wellness Wisdom*<sup>TM</sup> Newsletter and/or a complimentary ten year anniversary gift certificate (worth \$75) towards an initial consultation/examination, call 516.696.2039 or 212.213.9494.