

# Improve Your Performance with Better Posture

By Dr. Jon DeGorter, Cold Spring Chiropractic



Runners are highly prone to musculoskeletal injuries due to the repetitive impact and stress placed on their bodies. Proper posture and body alignment while running is essential for injury prevention and optimal performance. Correct posture helps distribute forces evenly throughout the body, reducing the risk of excessive stress on particular muscles and joints. Additionally, it enhances the body's biomechanical efficiency, allowing for better stride length and reduced energy expenditure.

Chiropractic care focuses on identifying and correcting misalignments or subluxations in the spine and extremities. Correcting imbalances and restoring proper alignment will not only result in better posture, but also enhanced joint mobility, which promotes proper muscle function, leading to optimal body mechanics while reducing stress on vulnerable areas.

## Improve your Posture and Performance with ART®

Active Release Technique (ART) is a manual therapy that restores normal tissue texture and function. By targeting adhesions and scar tissue that can develop in soft tissues due to the repetitive strain injuries from running, ART® can improve flexibility, and reduce pain, enabling runners to recover from injuries more quickly and effectively.

Graston Technique employs specially designed instruments to detect and treat soft tissue restrictions. This therapy effectively addresses scar tissue and fascial restrictions, enhancing tissue mobility and promoting healing. Runners can benefit from improved range of motion, reduced inflammation, and accelerated recovery from injuries.

While both chiropractic care and traditional physical therapy aim to treat and prevent injuries, chiropractic care offers distinct advantages for runners:

**Holistic Approach:** Cold Spring Chiropractic takes a holistic approach to care, focusing on the whole body's alignment and function. By addressing underlying spinal and joint misalignments, we can help runners achieve long-lasting improvements in posture, biomechanics, and overall well-being.

**Individualized Treatment:** We provide personalized treatment plans tailored to each runner's specific needs, taking into consideration such factors such as gait analysis, training regimen, and individual goals to develop a comprehensive plan that addresses both current injuries and future injury prevention.

**Non-Invasive:** With an emphasis on non-invasive and drug-free treatments through manual adjustments, soft tissue therapies, and corrective exercises, we can promote healing and pain relief without relying on medications or surgical interventions.

**Preventive Approach:** We focus not only on treating existing injuries but also on preventing future ones. By addressing imbalances and dysfunctions in the musculoskeletal system, we help runners maintain proper biomechanics, reduce the risk of overuse injuries, and optimize performance.

**Cold Spring Chiropractic** gives you a personal treatment plan geared to your training or recovery goals. We begin by understanding what you do, as it relates to your sport or daily activity, and create a plan with a goal. We are dedicated to keeping up with the most effective procedures that provide significant positive results. Our multidisciplinary approach leaves no stone unturned. Our approach is as unique as you are.

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*Dr. Jon DeGorter specializes in treating runners and triathletes, and is well versed in injury prevention and rehabilitation — keeping athletes doing what they like to do!*