

Football Season is upon us and here come the injuries.

Football is famous for action and also producing injury. Many youth and teenagers play this sport and as a result of the forces generated, as well as the mismatch in body sizes, injuries to various body parts are common. The following is a partial list of some of the common musculoskeletal injuries occurring on the football field.

Knee injuries: These come in a variety of types. Very frequently there are injuries to the anterior cruciate ligament (ACL), medial collateral ligament (MCL) and tears to the meniscus.

Shoulder injuries: The two most common types are shoulder dislocation and AC separation “separated shoulder” which occurs when there is tearing of the ligament between the clavicle and acromion process.

Ankle Sprains which are graded from 1-3 based on severity.

Stingers/Burners: These occur when nerves in the neck are stretched causing temporary sharp stinging pain and at times weakness in the arm.

Neck and Back Injuries: Thankfully most are just sprains. More severe impacts can cause herniated discs or even fractures.

Hip Pointers: This is a contusion in the area of the hip known as the Iliac crest.

Hamstring Sprains (Pulls) which is a strain to muscles in the back of the thigh.

Centerpointe Chiropractic and Physical Therapy has a unique combination of Chiropractic Care and a complete Physical Therapy Unit. The services offered by Lou Rossi, DC and Matt Trnka, PT gives the athlete the benefit of receiving Chiropractic care and Physical Therapy under one roof. If needed the two will refer for a consultation with an orthopedist or other primary care physician.

Whether you are an advanced athlete, in youth athletics or just a weekend warrior, call Centerpointe Chiropractic and Physical Therapy for treatment of your musculoskeletal injury. Located behind Kohl's at 4085 N. Jefferson St.

We are on most insurance plans.
Call 330-723-2225.