

***Nutritional Management of Sports Injuries***  
**Howard Benedikt DC, DCBCN**  
**2 Hours**

**Course Overview**

The term “sports injury” refers to the kinds of injuries that most commonly occur during sports or exercise, but they are not limited to athletes. Factory workers get tennis elbows, painters get shoulder injuries, and gardeners develop tendinitis, even though they may not participate in sports. Ultimately, however, “sports injuries” refers to those that occur in active individuals. This health topic focuses on the most common types of sports injuries—those that affect the musculoskeletal system. The musculoskeletal system is the network of muscles, tendons, ligaments, bones, and other tissues that provides the body with stability and enables movement.

Sports injuries are divided into two broad categories, acute and chronic injuries. Acute injuries happen suddenly, such as when a person falls, receives a blow, or twists a joint, while chronic injuries usually result from overuse of one area of the body and develop gradually over time. Examples of acute injuries are sprains and dislocations, while some common chronic injuries are shin splints and stress fractures.

Treatment for a sports injury depends on the type of injury, but minor ones can usually be treated at home by resting, icing, compressing, and elevating (R-I-C-E) the injured part. Specific nutritional support can not only speed up the healing process, but improves tissue repair, preventing future joint problems.

**Objectives**

- Review common sports injuries in a chiropractic office.
- Review the most common types of injuries.
- Nutritional Pearls to help reduce inflammation and promote healing.

**Hour 1**

- Introduction to various sports injuries
- Identifying the problem.

## Hour 2

- Nutrition aids in reducing inflammation.
- Specific protocols for sprains, strains, tendons and disc
- Protocols for reduction of inflammation