

Village Centre Chiropractic and Massage

Athletic Performance and Leg Length Discrepancy

I have heard many times, “my right leg is shorter than the other.” While this is a very common problem, leg length shortness can be increased through injuries, poor posture, and bad spinal mechanics.

Leg length discrepancy causes decreased power and strength. In a study by Dr. John Dunn from the Florida Fitness Edge Human Performance Laboratory, athletic performance was increased by 5% through chiropractic adjustments. It was determined that the misaligned pelvis causes a pedal stroke motion that is not circular. The short leg causes a piston like up and down motion, unlike the proper pedal stroke that is round and smooth.

Several attempts to lengthen the leg length by shims, saddle and pedal adjustments have been made. Restoring the pelvis alignment and decreasing the short leg obtained the best results. The increased power is the result of proper mechanics restoring optimum levels of muscle, bone and nerve activity. A short leg is caused by a subluxated (misaligned) vertebra. This pulls and tugs on the pelvis causing spasms and contractions thus pulling one leg higher than the other. Chiropractic care helps remove interference in the nervous system called a subluxation. Therefore, increasing athletic performance through improved nerve function. In a study from the New Zealand School of Chiropractic, adjusted athletes showed a 14.8% greater reaction time compared to that of the non-adjusted athletes.

As an athlete and chiropractic patient myself, I used chiropractic care to give me that “extra” edge in performance and competition that I needed to win. Chiropractic care helps athletes perform better by removing interference in the nervous system, from misaligned vertebra called “subluxations.” When the nervous system is free from pressure, the body operates at its optimum level.

Let us give you that 5% edge! To give you an idea of how significant that is; 5% is the difference between winning the hundred meter sprint for your region in high school and winning the hundred meter Olympic gold medal!

However one thing that the study could not account for is the fact that keeping your body healthy and free from injury will allow you to train harder, and progress faster, than if you were not getting adjusted.

Our office uses the latest technology (Thermography, Posture Analysis, Muscle Testing, Range of Motion), and specific techniques to increase performance through proper spinal mechanics and reduce injury “downtime” through chiropractic care.

Many of the world-class athletes and professional teams, like Lance Armstrong, use chiropractic care to get that edge! Give yourself the edge you deserve.

Dr. Michael Bologna