



The Experts® on Chiropractic Care:



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Ask The Experts®

on Chiropractic Care

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### Children and Heading the Ball

Spring is in full swing now and summer is fast approaching. During this time, many of us have enrolled our children in sports such as soccer and baseball. It's a very active time of year with all of us glad to be outside enjoying the sunshine and warmer weather.

As parents, we are happy to see our kids running around on the soccer field and getting in some much needed exercise. One thing we might not be aware of is that some of the skills learned in a game such as soccer can be quite traumatic on the body. One of these skills that has undergone some recent research is the impact of heading the ball in soccer.

A recent study performed was called the Einstein Soccer Study. This particular study looked at the relationship between heading the soccer ball and cognitive abilities. The study concluded that heading incidence was a significant factor in reduced performance in the areas of psychomotor speed

and attention, and to a lesser extent on working memory. Players headed the ball an average of 50 times during each two-week study period for men, and 26 for women, and those who reported the most headings demonstrated poorest performance on cognitive tasks.

As a chiropractor, I focus on detecting and correcting the potential dysfunction this can have on the spine called subluxation. A subluxation is a misalignment that interferes with the communication of the nervous system between the brain and the rest of the body. It can occur anywhere along the spine, including the skull and pelvis, impacting the neural function. The research shows us that many subluxation patterns begin to develop in response to trauma in childhood. These patterns usually present with no symptoms but are important as they are chronic and add layers to the subluxation or nerve dysfunction.

I have stated in a past article that research is demonstrating the relationship between chiropractic and improved brain function. Given that sports traumas, such as heading the soccer ball, are having a cumulative effect on people's health starting in childhood, does it not make sense to have your child checked for subluxation patterns?

I have had the pleasure of watching my two sons

play a variety of sports. I have also been fortunate enough to be able to check them for subluxations soon after many of their games and practices. It has been very clear for me over the years that chiropractic can help your children with removing the cumulative effect of subluxation, improving performance and injury prevention. Please Give our office a call to make an appointment for you and your children.

**Chiropractic checkups for active children**



**Call 403-529-9069 for a FREE consultation.**



The Big White House on 6th St. just off Kingsway 737 - 6th Street SE

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