

Running Causes More Chiropractic Visits Than Heavy Lifting

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July 15, 2008 - [PRLog](#) -- Chiropractors specialize in the non-surgical and non-drug treatment of musculoskeletal conditions that include spinal, disc, and joint problems. The doctor of chiropractic may use many of the same orthopedic and neurological tests used by the medical profession to identify the cause of everything from back pain to headaches.

A little more than 20 million Americans see chiropractors every year and not just for pain from heavy lifting. Running and other weight bearing sports are known to cause excessive stress on the joints of the back, the pelvis, knees and ankles. It is important to know that if back or joint pain from running or any other sports activity persists longer than 24 hours post workout one should seek out the advice of a medical or chiropractic professional to prevent the condition from getting worse.

Fayetteville chiropractor, an avid runner and amateur tri-athlete, Dr. John N. Thomas, known around town as “The Running Doctor”, actually sees more patients due to running injuries rather than heavy lifting.

When asked why he states “my practice is located in the heart of one of nations most active running and triathlon communities and we appeal to the runner and tri-athlete because of the services we offer and our understanding of the sport specific injuries that we see.”

Back pain is not the only reason why runners and tri-athletes visit The Running Doctor’s specialty practice.

According to Dr. Thomas: “Runners and athletes in general experience many different types of injuries ranging from ilio-tibial band syndrome, plantar fasciitis, and Achilles tendonitis to shoulder problems, back pain and headaches and we see hundreds of runners and tri-athletes that come in with all kinds of stuff from working their legs during marathons or riding 100 miles at a time on their fancy five thousand dollar thirteen-pound carbon fiber road bikes. And the crash victims...they are just lucky to be alive!”

About Dr. John N. Thomas

Dr. John N. Thomas is a Board Certified Sports Chiropractor and the founder of Allied Healthcare Clinics, Inc. located in Fayetteville, GA. He is a professional member of the Georgia Chiropractic Association. Dr. Thomas is a North American Medical (NAM) Certified IDD Therapy Clinician and an expert in his field in the area of conservative but comprehensive non-surgical care of spinal and disc injuries with spinal decompression. He has been practicing for over thirteen years in the areas of spinal, disc and sports injuries. Known around town as “The Running Doctor”, Dr. Thomas is an avid marathon runner and triathlete holding membership in the Peachtree City Running Club. He is very well respected in the running and triathlon community and treats world-class endurance runners from all over the world. For more information about this service contact Dr. Thomas at 770-460-1911 or therunningdoc@bellsouth.net. Additional information may be obtained from the website www.runningpainfree.com

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Allied Healthcare Clinics, Inc. is a multidisciplinary spinal healthcare and wellness center that specializes in Sports Injuries and IDD Spinal Decompression Therapy™ for those facing back surgery or suffering from sports, spinal or disc injuries.

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