

New York

runner

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Traveling the Injury Circuit

How to get the help you need, when you need it

by Mackenzie Lobby

You're overbooked, overstressed, and overworked. Amidst the hustle and bustle of the big city, running is your outlet. It's this fact that leaves a runner scrambling, or limping, to find a way out of the dreaded injury cycle. Depending on where you are in that cycle, and what the injury is, there's a long list of

potential saviors available. What's more, many of the best running-injury gurus in the city collaborate with one another to ensure that runners receive the precise care they need.

Consider the following NYC-area network of running and medical experts in your quest to beat your injury and break out of the cycle.

They'll diagnose, educate, analyze, train, realign, treat, and motivate you on your road to recovery, getting you back up and running as quickly as possible.

Chiropractor: Misalignments and Soft-tissue Injuries

Although running provides a long list of benefits, there is no denying that the accumulating mileage can be hard on the body. For wear-and-tear issues like misalignments and soft-tissue injuries, a chiropractic office is a helpful place to turn.

“Runners come in to see a chiropractor because of our knowledge of sports biomechanics,” says **Scott Duke, DC**, of Duke Chiropractic, a practice well known among the world-class



runners who visit the NYC area.

Duke explains that a simple pelvis realignment can take pressure off an injured body part and allow it to heal.

For this reason,

many runners make chiropractic care a regular part of their routine.

In addition to making sure every part of the body is moving properly, Duke also uses two soft-tissue treatment techniques, Graston and Active Release Therapy. For problems like IT band syndrome and Achilles' tendinitis, these techniques work to break up scar tissue and restore the body's normal functioning. Chiropractors like Duke may use other modalities such as ultrasound and electric stimulation to treat various injuries.