

VAN DAM CHIROPRACTIC

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CHIROPRACTIC & THE SUMMER ACTIVE LIFESTYLE

Summer asks more of your body.

Something shifts when the weather warms up. People who spent the winter relatively sedentary suddenly find themselves hiking, cycling, swimming, playing recreational sports, and spending long days on their feet. That rapid increase in physical demand is one of the most common setups for injury, and the spine is almost always involved somewhere in the chain of events.



Summer injuries rarely come out of nowhere. They build. A restricted hip joint changes how the pelvis moves. An unaddressed thoracic stiffness alters shoulder mechanics during a swim stroke or a tennis serve. A lumbar segment that has been sitting quietly, dysfunctional all winter, suddenly becomes the weak link when the body starts asking more of itself. The activity did not cause the injury. The accumulated restriction did.

What Chiropractic Brings to the Table

Regular chiropractic care during active seasons does two things that matter enormously. It identifies and addresses restrictions before they become injuries, and it keeps the nervous

system communicating clearly with the muscles responsible for stability and coordination. A joint that moves freely is one that the nervous system can monitor and control. One that is restricted sends garbled feedback, and the muscles around it respond with either excessive tension or insufficient support.

Research published in the Journal of the Canadian Chiropractic Association found that athletes receiving regular chiropractic care experienced significantly fewer lower-extremity injuries than those who did not and returned to activity more quickly after minor strains and sprains.(1) That finding holds across recreational athletes just as much as competitive ones. The body does not distinguish between a professional and a weekend hiker when a restricted sacroiliac joint gives way on a trail.

Staying Ahead of the Season

The smartest approach is not to wait for something to hurt. Getting assessed at the start of summer, identifying any restrictions that have accumulated over the winter months, and maintaining regular care throughout the active season help keep the body performing the way it should. Warming up properly, staying hydrated, and building activity levels gradually all matter. So does making sure the spine and joints are moving freely before putting them under seasonal demand.

Summer is meant to be enjoyed fully. Chiropractic care helps make that possible.

MOBILITY TRAINING: THE MISSING PIECE IN MOST FITNESS ROUTINES

Strength and Cardio are not enough.

Most people who exercise consistently think about two things: building strength and improving cardiovascular fitness. Both matter enormously. What gets left out of that equation, almost universally, is mobility. Not flexibility in the static stretching sense, but genuine joint mobility, the ability to move through a full range of motion with control and stability. Losing it is so gradual that most people do not notice until something hurts or a movement that used to be effortless is no longer effortless.

Mobility is not a warm-up activity or a cool-down afterthought. It is a fundamental physical capacity that determines how well every other form of exercise works. A squat performed with restricted hip mobility loads the lumbar spine instead of the hips and glutes. A shoulder press with limited thoracic rotation compresses the shoulder joint with every rep. The exercise looks fine on the outside while damage quietly accumulates beneath the surface. Most overuse injuries trace back to a mobility deficit that went unaddressed long enough to become structural.

What Mobility Training Actually Involves

Effective mobility work targets the joints that most commonly restrict movement in modern sedentary lifestyles: the hips, thoracic spine, ankles, and shoulders. These are the areas that tighten up from prolonged sitting, repetitive movement patterns, and the general lack of varied physical demand that characterizes contemporary life.



Hip 90/90 stretches, thoracic spine rotations, deep squat holds, and controlled shoulder circles are not glamorous. They do not produce

the visible results that a strength program does. What they do is restore the joint's range of motion, which makes everything else work the way it should. Research published in the *Journal of Strength and Conditioning Research* found that targeted mobility training produced significant improvements in functional movement scores and measurable reductions in injury risk across multiple athletic populations.(2)

Ten to fifteen minutes of focused mobility work daily produces results that months of static stretching rarely achieve. The difference is active engagement through the range of motion rather than passive holding at the end range.

The Chiropractic Connection

Chiropractic care and mobility training address the same problem from different directions. Adjustments restore joint mobility at the segmental level, freeing up restrictions that movement alone cannot unlock. Mobility training maintains and builds on that restored range, giving the joints the active control they need to stay free between visits.

Patients who combine both report fewer recurrences, better athletic performance, and a general sense of moving more easily through daily life. That combination is hard to beat.



WORDS OF WISDOM

- *The greatest mistake a man can make is to be afraid of making one.* — Elbert Hubbard
- *Take care of your body. It is the only place you have to live.* — Jim Rohn

RESEARCH AND CHIROPRACTIC

There seems to be no end to the conditions that respond to chiropractic care – physical as well as psychological conditions.

That is because chiropractic does not “treat” a particular condition. Chiropractic care “treats” or more accurately “corrects” a serious interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you will always function better when free from subluxations.

*Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month’s cases and
SEE MORE NEXT MONTH.*



Adding Chiropractic to Medical Care for Low Back Pain

Most people dealing with acute low back pain follow the same path. They see their doctor, get a prescription, maybe a referral for physical therapy, and hope for the best. A study published in the journal *Spine*(3) compared the standard approach with the same care, except for one addition: chiropractic. The group receiving chiropractic alongside standard medical care reported significantly greater reductions in pain and disability than those receiving medical care alone, and those gains held up at the one-year follow-up mark. That last part matters. Many interventions look good in the short term but fade. This one stuck. For anyone navigating the medical system for back pain, the research makes a straightforward case for adding chiropractic to the picture rather than treating it as an either-or decision.

July is prime time for summer colds and seasonal bugs. It is worth noting that regular chiropractic care may do more than just keep the back comfortable.



Chiropractic Care and Immune Function

Most people think of chiropractic care as something for the back and neck. The immune system rarely enters the conversation. A study published in the *Chiropractic Research Journal* (4) suggests it probably should. Researchers measured immunoglobulin levels in patients receiving specific upper cervical chiropractic adjustments and found significantly higher immune marker levels in adjusted patients compared with non-adjusted controls. Immunoglobulins are the antibodies the immune system deploys to identify and neutralize threats. Higher levels mean a more responsive, better-equipped immune defense. The nervous system regulates immune function, the spine houses the nervous system, and keeping that system free of interference appears to have consequences that extend well beyond pain relief. July is prime time for summer colds and seasonal bugs. It is worth noting that regular chiropractic care may do more than just keep the back comfortable.

Van Dam Chiropractic would like to thank you for the many referrals of friends and family to our office.

R e f e r r a l

As a special Thank You, if you refer someone to Van Dam Chiropractic and they put your name down as the referral, Dr. Van Dam will send you a

\$10 GIFT CARD TO STARBUCKS

We know there are a lot of choices of doctors for your healthcare and we thank you for choosing us!

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