

# Chiropractic Care Can Keep You Bowling Your Best

**By Scott Carpenter, D.C., Faculty Clinician, Palmer Chiropractic Clinics**

Bowling can be a great activity to promote bonding time with your family. But as with any activity, you need to be physically prepared and watch out for injuries. In my 40 years of bowling I've experienced my fair share of injuries. One of the main issues has been elbow pain, called Lateral Epicondylitis, which is a type of tendonitis due to repetitive use trauma. Proper chiropractic care along with physiotherapy has allowed me to get rid of the pain and continue bowling.

Another common condition for bowlers is knee pain, which I have experienced along with a number of my patients who bowl. This might include meniscus damage, tendon tears, swelling due to repeated abuse and ligament or muscle damage. With proper chiropractic care, cold laser treatments, use of ice, soft tissue work and bracing I have been able to help many people with this kind of pain.

Low back pain is typically the most common problem for bowlers. I have found that many of my patients who bowl have an issue with the base of their spine, also called the sacrum. This often happens when a bowler 'sticks' at the line, causing all motion to be thrust into the slide leg. This increases the twisting that is put into that low back region.

Bowler's Thumb is a condition that is associated with deposits of fibrous tissue around the two nerves carrying sensation from the thumb. This occurs due to the repetitive pressure over the nerve. This condition is common among bowlers who bowl more than once a week. Symptoms include tingling and increased sensation in the tip of the thumb and the presence of a small and tender nodule on the thumb. The best way to treat this condition is to immobilize the thumb, rest from bowling and use ice. Another solution is to use a splint on the thumb and wrist while bowling. Chiropractic adjustments of the thumb will be very beneficial for this condition, as the chiropractor will make sure that the nerve is functioning at its most optimal by removing any nerve pressure.

As for age-related conditions, it may come as a big surprise that the younger bowlers have more wrist problems than older bowlers typically do. Young bowlers often try to emulate the big power players who hook the ball a great deal. Doing this with the wrong technique may lead to wrist and shoulder problems, which chiropractic can alleviate. The older bowler seems to experience more knee and low back pain, most often due to degeneration of the spine and meniscus in the knee.

After 40 years, five state titles and other numerous wins, one could say that I love the game of bowling. I've experienced how fun it can be and truly enjoy the camaraderie that happens when you bowl on a

league or with your family. Taking care of yourself so that you can continue to bowl and reduce or eliminate injury is so important. If you have any questions about how I became a champion or have issues specific to a bowler, consider how chiropractic care can help you and come to see me at the Palmer clinic.