

South Florida's weather means people stay active year-round. Tee times in Deerfield Beach, pickleball in Pompano Beach, tennis in Lighthouse Point and early-morning runs [chiropractor Lighthouse Point FL](#) along the Intracoastal all keep the community moving. They can also lead to strains, sprains and overuse injuries. McNamara Chiropractic Center offers diagnosis and treatment for sports injuries, along with a structured Sports Injury Recovery Program.

The following is general information about common sports injuries and how the practice approaches them.

Common injuries by activity

- **Golf:** low back strain from the rotational swing, elbow and wrist irritation, and shoulder discomfort.
- **Pickleball and tennis:** shoulder and elbow overuse, calf and Achilles strain, knee irritation from quick direction changes.
- **Running:** knee pain, hip tightness, shin discomfort and heel pain such as plantar fasciitis.

Many of these problems come from doing a lot of something, especially after a break, rather than from a single dramatic event.

How sports injuries are evaluated

Dr. Carol McNamara-Krauss, DC begins by asking about your sport, your training routine and exactly when the pain shows up. She examines the injured area and the joints above and below it, because problems in the hips, spine or feet can influence how stress is distributed. She then explains what she found and recommends a plan, or a referral if another provider would be more appropriate.

The Sports Injury Recovery Program

At [McNamara Chiropractic Center](#), the Sports Injury Recovery Program is a structured, non-surgical approach. Depending on the injury, it may include:

- Chiropractic adjustments to restore joint motion in the spine and extremities
- Shockwave therapy or Class IV laser therapy for certain soft-tissue problems
- Therapeutic ultrasound
- Massage therapy with Dawn Marie Teufel, LMT, and the Knot Relief Program
- Foot Levelers custom orthotics, fitted from an in-office 3D foot scan, when foot mechanics may be contributing
- General guidance on modifying activity while you recover

The aim is to help you return to your sport in a sensible, gradual way. Recovery timelines vary, and no specific outcome can be promised.

Prevention tips for active people

- **Warm up.** Five to ten minutes of light movement before you play prepares muscles and joints.
- **Increase gradually.** Add playing time or mileage slowly, especially after time off.
- **Mind your footwear.** Court shoes for court sports and well-fitted running shoes for running.

- **Stay hydrated.** Heat and humidity in Broward County add stress to the body during exercise.
- **Listen to early warning signs.** A nagging ache that keeps returning is worth having checked before it becomes a bigger problem.

When to seek medical care right away

Obvious deformity, inability to bear weight, significant swelling after a fall, or a suspected head injury should be evaluated by urgent or emergency medical care first.

Visit McNamara Chiropractic Center

The office is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road, across from Publix. Free parking is in front of the building and the entrance is on the side. Call (954) 902-6371 to ask about the Sports Injury Recovery Program, or learn more at [McNamara Chiropractic Center chiropractor Lighthouse Point](#).

This article is general information and not medical advice.

McNamara Chiropractic Center

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Looking for non-surgical back, neck or joint pain care in Lighthouse Point? [McNamara Chiropractic Center](#) is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 across from Publix. Call (954) 902-6371 to ask about an evaluation. This content is general information, not medical advice.