

## **WANT TO FEEL LIKE A PRO. TREAT YOURSELF LIKE ONE**

*By Dr. Alan K. Sokoloff, D.A.C.B.S.P.*

Why do professional athletes who are hurt or injured appear to get better faster than most of us? It's not just the salaries...

We all have the ability to get better faster if you decide to treat yourself like a pro. Whether your job is carrying boxes or carrying a football, there are many common ideas you can utilize to stay well, and if you are hurt, get well again. The following are some suggestions that may help you feel like a pro, and stay that way.

1. **Be Prepared:** Before each game or practice, pro athletes take the time to warm up before they play. The warmer their body is, the better it will function. And warming up is not just stretching. Before you start work, take 5 extra minutes to prepare yourself for your days activities. Making large arm movements while walking will help to increase your core body temperature.
2. **Cool Down:** Take another 5 minutes at the end of the day to stretch out. Redistribute the blood that has been concentrated in the muscles you use to avoid soreness and achiness that may follow a hard day's work.
3. **If it's broke, fix it!:** Pro athletes seek care immediately if they are injured. They can not continue to play at their best if they are hurt. The quicker they are better, the faster they can get back in the game. No play may mean no money. Now we don't make as much as pro athletes, but the philosophy that "I thought the pain would go away" may not always work. Not only will you miss time from work, but you can lose time with your family or enjoying things you like to do.
4. **Put the Pros to Work for You:** If you are hurt, seek out health professionals that will treat you like a pro. 1. Look for a practitioner who understands what you physically have to do so they could set goals to get you back to that place. 2. Have their treatment goals involve you and what you can do to help yourself get better. 3. Their goals should have time frames for stages of your recovery. 4. Once you get better, have them tell you how to stay that way.

Prevention is naturally the key. Regular exercise, solid sleep and eating better will help. But if something does occur, you have got to get back in the game faster and healthier. Treat yourself like a pro and you will have a longer and successful career.

Dr. Alan K. Sokoloff, D.A.C.B.S.P. or "Dr. Sok", as his patients refer to him, is the owner/clinic director of the Yalich Clinic Performance and Rehabilitation in Glen Burnie, MD, where he has practiced for over 21 years. Dr. Sok was selected as Maryland's "Chiropractor of the Year 2001-2" and the American Chiropractic Board of Sports Physician's Sports Chiropractor of the Year 2006. He holds a post-graduate degree as a Diplomat of the American Chiropractic Board of Sports Physicians. Dr. Sok has been a member of the University of Maryland Sports Medicine Team since 1991. He served a residency at the United States Olympic Training Center, summer of 1997 and was selected to the medical team for the United States at the 1998 Goodwill Games. Dr. Sok was appointed to the USA Olympic Medical Team for the 1999 Pan Am Games in Winnipeg, Canada. He continues to be the team chiropractor for Baltimore Ravens of the NFL since 1999 and the University of Maryland Terrapins since 2005. Dr. Sokoloff was the team chiropractor for the Washington Nationals (MLB) their first 2 years in Washington and with the Bowie Baysox in 2004-2006. For over 10 years, Dr. Sok hosted a weekly health, interactive radio program in Baltimore called "Talkin' Back" on AM-680 WCBM; All this in addition to continuing to see patients in his office.