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THE 2013 RACER X MOTOCROSS FITNESS HANDBOOK

CHIROPRACTIC CARE FOR THE MOTOCROSSER

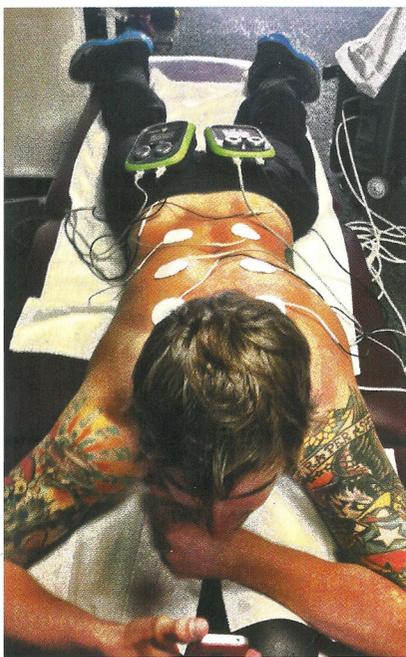
By Dr. H. Rey Gubernick

Have you ever thought about how amazing it would be if you could have your own personal mechanic? Who would you pick? Maybe Mike Williamson? How about Tony Berluti? (I would choose Frankie Latham.) They all do great jobs of keeping their riders' bikes tuned, and they all have been trained and have numerous years of experience. I have had a chance to be around these mechanics and see their ability to keep the bikes from malfunctioning as well as fix anything that might happen after a crash. They are able to listen to a race bike and diagnose any problem it might have and then make the necessary adjustments to correct it.

Chiropractors can offer this same service to you as a rider. Whether you are a racer or just the weekend warrior, all can benefit from routine chiropractic care. Chiropractors are essentially mechanics for your body.

I have been working as a personal chiropractor to different racers for sixteen years. I have been able to provide these racers with two different phases of chiropractic care.

The first is weekly maintenance. Racers train rigorously during the week. These riders will come to my office and receive soft-tissue massage, sport-specific stretching, and chiropractic manipulation. This treatment is a tune-up during the week that allows their body to recover. Even if you don't race, you should have routine visits to your chiropractor for these "tune-ups." Maintenance to your body will vary for each rider. Obviously, the more you ride, the more your body will need a tune-up. These routine visits can help in the prevention of athletic injuries, maintain your health, and sometimes extend your career. Chiropractors can give you daily stretching and strengthening



exercises, which will allow your body to work more efficiently as you ride. Many injuries can be diminished by being flexible, as well as gaining strength.

The second phase of chiropractic care is acute injuries. If you ride a motorcycle, it is only a matter of time before you have a good "get-off." Chiropractors are trained to first diagnose your injury and then treat that problem. During my time treating riders, I have seen injuries of all kinds, the most common being sprains and strains. Regardless of what your injury might be, it is important to get immediate medical attention. I am fortunate enough to work closely with Doctor Bodnar and his Asterisk staff. They do a great job of providing that immediate trauma attention.

When your injury is stabilized, a chiropractor can provide the treatment necessary to get back on the bike. This treatment can vary, from spinal manipulation to joint mobilization, soft-tissue work, physical therapy, electrical stimulation, ultrasound, icing, moist heat, cold laser, and sometimes



magnet therapy. When receiving this acute treatment, you will see your doctor sometimes two to three times a week. Listen and follow through with all your treatment and rehabilitation instructions. It's very common for a rider to try to ride sooner than he should. This is only putting you in a position to reinjure yourself.

At the conclusion of your treatment, most chiropractors will give you a home stretching routine and exercises to maintain your range of motion and build strength. I often give patients specific stretches that correspond to their weak areas or the body part that has been injured. My two favorite home therapies are foam-roller stretching and a home unit called the Marc Pro, which many riders currently use. It is easy to use and helps with sore muscles and helps them recover.

If you aren't currently seeing a "body mechanic," I encourage you to find one and see one as frequently as you need. Good luck to all you riders, and stay healthy! ■