



The Gibson Center  
YOUR ONE-STOP HEALTH SHOP

Chiropractic, Acupuncture,  
Allergy & Stress Relief

## Balance and Athletic Performance

Do you know any athletes in our community who are looking to expand their performance potential?

To become a high-performing confident and successful athlete, it is essential to have a well-rounded training program. This training program includes the development of sport specific skills, strength training, mobility training, and one component that should never be overlooked - Balance.

Complex balance training is vital for both athletic performance and protection from injury for several reasons.

- **Protection from Injury:** Improved balance enables athletes to produce and maintain body stability, mobility and control. This stability, mobility and control, especially with bodily speed and bodily force being produced during training and competition, can reduce the risk of falling with the potential result of a concussion/traumatic brain injury. Athletes with strong balance are less likely to lose their footing or stumble during training or competition.
- **Core Strength:** Balance training engages the core muscles which are all the muscles which attach to the spine, pelvis, ribs, shoulder blade, neck and skull; in other words, most of our muscles and not just the abdominals and lower back. A strong core is essential for maintaining strong posture, stability, and mobility during athletic movements such as running, jumping, lifting, quickly changing direction and quickly stopping as the old saying goes “on a dime.”
- **Proprioception:** Balance training enhances proprioception, which is the ability to sense position, orientation and movement of the body in time and space. Internalized proprioception improves body awareness and control which is vital in sports that require precise movement and balance adjustments without the slowdown of thinking “what do I do next.” .