



PLASKER FAMILY & PERFORMANCE CHIROPRACTIC

MINOR/STUDENT ATHLETE TREATMENT CONSENT AND RELEASE FORM

The primary purpose of our team at Plasker Family & Performance Chiropractic is to help optimize health, healing, recovery and athletic performance for athletes and families. Our objective will be to correct, maintain and optimize spine, extremity and nerve system function through personalized, specific chiropractic care. Our office has assisted athletes playing in nearly every sport, age range and skill level, including Olympians, Professionals, and Hall of Famers. We look forward to contributing to your child's success and family's health goals.

I/WE ACKNOWLEDGE UNDERSTAND AND AGREE TO THE FOLLOWING:

The doctor will not be held responsible for any pre-existing medically diagnosed conditions. Plasker Family & Performance Chiropractic is not responsible for treating injuries that may occur during practice such as breaks/sprains, concussions, etc. That should be handled by the orthopedic staff and treatment will not continue until the athlete has been cleared. Chiropractic is not a treatment for any condition or symptom. It is a system of care designed to reduce and correct spinal subluxations so that your body may function better. Although chiropractic care is one of the safest forms of health care, it is associated with some minor risks, and it is my responsibility to be informed about those risks by asking the doctor or a staff member prior to treatment. Chiropractic is a system of health care delivery and therefore, as with any health care delivery system, we cannot promise a cure for any symptom, condition, or disease because of treatment in this arrangement. An attempt to provide you with the very best care is our main goal and if the results are not acceptable, we will refer you to another healthcare professional who we feel can further assist you. I hereby authorize the doctors and staff affiliated with Plasker Family & Performance Chiropractic to treat my condition as deemed appropriate.

WAIVER OF LIABILITY AND RELEASE OF CLAIMS. I do hereby fully and forever release, acquit, and discharge Walton High School, its employees, agents, representative, successors, and assigns (collectively the "Released Parties") from any and all liability whatsoever arising out of my participation with Plasker Family & Performance Chiropractic and/or arising out of any omission, representation, misrepresentation, violation of code or statute, breach of contract, negligence or breach of any duty or obligation of any nature whatsoever by me, by the staff, employees or agents of Walton High School, whether in law or in equity, whether sounding in tort, in contract or otherwise, or arising out of any use of, dealings with, contacts with, or events in any way connected to Plasker Family & Performance Chiropractic. I give you permission to use my child's image related to the care you provide at school events and functions.

By signing this form, I hereby consent and authorize the doctors of Plasker Family & Performance Chiropractic to administer chiropractic care as deemed necessary to my child.

Athlete Name: _____ D.O.B: _____ Sport : _____ Phone: _____

Parent/Guardian Name (Printed): _____ Relationship to Child: _____

Phone 1: _____ Phone 2: _____ Email: _____

Signature of patient/parent guardian: _____ Date: _____

_____ Yes, I am interested in learning more about an evaluation for my child

PLASKERCHIROPRACTIC.COM



LIFE TAKES NERVE!™

Sports, Collisions & Growth Plates

Supporting Your Child's Performance, Recovery and Long-Term Well Being

Youth sports offer tremendous benefits—teamwork, discipline, confidence, and physical fitness. But behind the excitement and development lies vital and often overlooked reality: **the physical toll of collisions**. Whether it's a football tackle, a soccer header, or a hard fall on the court, young athletes experience **repeated collisions** that stress the spine, joints, growth plates and nerves.

These collisions don't always cause obvious injuries. In fact, many young athletes don't show symptoms until years later—after damage has accumulated and begun affecting performance, posture, or even long-term health.

How Many Collisions Are We Talking About?

The numbers may surprise you:

- **Football (Tackle):** Youth players (ages 9–14) sustain **250–400 head impacts per season**, while high school players may experience **650–1,000+ hits per year**. Over a full youth football career, that can add up to **4,000–6,000+ impacts**. (*Crisco et al., 2011; Broglio et al., 2011*)
- **Soccer:** Players may head the ball **20–100 times per season**, plus additional collisions with players, the ground, or equipment. Over time, this can mean **hundreds of repetitive impacts**. (*Comstock et al., 2015*)
- **Hockey:** In contact leagues, players average **200–300 hard collisions per season**. (*Mihalik et al., 2010*)
- **Basketball & Volleyball:** While these aren't contact sports, they involve intense joint-loading: jumping, pivoting, and falling. The **cumulative stress on the spine, knees, and hips** is significant—especially during growth years.

These collisions occur while your child's **spine, joints, and growth plates** are still developing. Even small impacts, repeated over time, can create long-term issues.

The Hidden Effects of Repetitive Impact

Even if your child isn't in pain, repetitive collisions can cause:

- Spinal misalignments (subluxations)
- Growth plate stress
- Postural shifts and compensations
- Interference in nervous system function
- Reduced athletic performance

The problem? Many of these effects don't show up right away. They build over time and may only become noticeable in the form of pain, fatigue, poor balance, or decreased performance later on.

The Role of Chiropractic Care

Chiropractic care is a safe, effective, and drug-free way to support the developing bodies of youth athletes. It's not just about relieving pain - it's about **optimizing performance, enhancing recovery, and preventing long-term damage**.

Here's how chiropractic care helps:

✓ Detects Misalignments Early

Many issues don't cause pain at first. Chiropractors trained in pediatric and sports care can detect and correct subtle imbalances early - before they become major problems.

✓ Protects Growth Plates and Joints

Proper spinal and joint alignment reduce stress on growth plates, supports healthy bone development, and prevents long-term wear and tear.

✓ Improves Nervous System Function

The spine protects the nervous system, which controls every function in the body. Misalignments can disrupt communication. Chiropractic adjustments restore balance and help the body function more efficiently.

✓ Enhances Recovery, Adaptation, and Prevents Injury

Proper alignment improves circulation, reduces inflammation, and supports faster recovery after games and practices.

✓ Boosts Athletic Performance

Improved balance, mobility, and coordination can help your child perform at their best and reduce the risk of injury.

For Parents Too

How has your body adapted the collisions from your youth? If you are an athlete who is dealing with nagging injuries, fatigue, or posture and mobility issues, chiropractic care can help you heal, restore function, and stay active as you age.

Collisions Are Inevitable. Damage Doesn't Have to Be.

The physical stress of sports is real—but with the right care, your child's body can recover, heal, and thrive. The chiropractic care we deliver is a natural, proactive way to **correct damage, prevent future issues, and support peak performance**.

Special Offer \$95 Spinal X-Ray Exam (Save \$150)

Let's get a baseline digital x-ray to assess your child's spinal alignment, posture, and growth plates status. We will provide personal recommendations to speed recovery time, and optimize performance and development.

References

1. Crisco, J. J., et al. (2011). Frequency and location of head impact exposures in individual collegiate football players. *Journal of Athletic Training*, 46(6), 549–559.
2. Broglio, S. P., et al. (2011). Head impact density: A model to explain the elusive concussion threshold. *Journal of Athletic Training*, 46(5), 549–553.
3. Comstock, R. D., et al. (2015). Epidemiology of soccer-related injuries among youth athletes. *Journal of Athletic Training*.
4. Mihalik, J. P., et al. (2010). Measurement of head impacts in collegiate ice hockey players. *Medicine and Science in Sports and Exercise*, 42(6), 1237–1245.
5. Stovitz, S. D., & Johnson, R. J. (2006). The growth plate, sports injuries, and preventive care. *Current Sports Medicine Reports*, 5(4), 189–194.

Plasker Family & Performance Chiropractic

(770) 509-9938

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LIFE TAKES NERVE!™

Recovery, Prevention, Performance

How Top Athletes Use Chiropractic

Behind every elite athlete is a team of professionals dedicated to helping them stay healthy, recover quickly, and perform at their best. One key member of that team? A chiropractor.

From the NFL to the Olympics, top athletes across all sports are turning to chiropractic care not just for pain relief, but as a vital asset for recovery, injury prevention, and unlocking their full potential.

Our office has first-hand experience working with Hall of Famers, Olympians, Division 1 College Teams, youth National Champions, and of course, Walton High School State Champs. And we train other doctors worldwide in The 100 Year Lifestyle® strategies we've discovered.

The Benefits include...

Rapid Recovery

Athletes push their bodies to the limit. That level of intensity requires recovery strategies that include but go beyond ice baths, massage, taping and stretching. Chiropractic adjustments help realign the spine and joints and remove nerve pressure, which can reduce inflammation, improve circulation, and support the body's natural healing.

When the spine is properly aligned, the nervous system functions more efficiently. This allows for better communication between the brain and body, speeding up the recovery process and reducing downtime. Whether it's bouncing back from a tough game or staying loose between training sessions, chiropractic care gives athletes an edge in recovery.

Injury Prevention

One of the greatest benefits of performance-based care is to prevent injuries before they happen. By addressing joint restrictions, muscle imbalances, and postural issues, we can help athletes move more efficiently and avoid overuse injuries.

Misalignments, even minor ones, can put extra stress on muscles, ligaments, and tendons — increasing the risk of strains, sprains, and joint problems. Chiropractors evaluate an athlete's movement patterns and identify dysfunctions that may lead to injury down the line. With targeted adjustments and corrective exercises, athletes are more likely to stay aligned and stay in the game.

Peak Performance

The Chiropractic care we provide isn't just about fixing problems — it's about optimizing performance. A properly aligned spine allows for greater range of motion, flexibility, and balance. These are critical factors in every sport, from football, soccer and track, to lacrosse, swimming, and all training activities.

Many athletes also report improved coordination, quicker reflexes, and increased strength following chiropractic adjustments. Why? Because when the nervous system is functioning without interference, the entire body responds and performs better.

Trusted by the Best

Christian McCaffrey, Tom Brady, Rory McIlroy, Michael Phelps, and Usain Bolt are a few of the top athletes who tout the benefits of chiropractic care as a key part of their training and longevity. In fact, nearly every NFL team and a growing number of college programs make chiropractic care available for their athletes.

Whether you're a weekend warrior or an aspiring pro, chiropractic care as a priority in your routine can help you train smarter, recover faster, and perform at your absolute best — just like the pros.

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