

Treatment for Exercise-Induced Asthma

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Asthma that occurs secondary to exercise does not preclude active participation in sports. Sixty-seven of the U.S. athletes in the 1984 Los Angeles Olympic Games had exercise-induced asthma. In the 1988 Games in Seoul, the gold medal winner in the heptathlon was an asthmatic named Jackie Joyner-Kersey.

Medical treatment for exercise-induced asthma consists of two types of drug therapy, prophylactic (preventive) and abortive. Because asthma is a chronic condition, and long term chronic drug therapy has its known adverse effects on health, treatment alternatives for asthma are crucial.

Good ideas for asthmatics start with:

1. Exercising in conditions where the air is warm and humid.
2. Try breathing through the nose while exercising: this warms and humidifies the air.
3. Avoid exercising when the pollen count is high.
4. Avoid activity in dusty indoor spaces.
5. Exercise at lower intensity, increasing the duration.
6. Try sports which do not require constant running or continuous movement.

Also, treatments which this writer has found to be extremely successful include: acupuncture, massage, nutritional support and chiropractic care. Chiropractic manipulation provides significant relief by improving spinal, rib cage and muscular freedom of movement making breathing easier, while at the same time improving nerve function to the respiratory airways. By using a combination of these techniques, the asthmatic athlete can reduce the level of airway irritability, allowing for more enjoyable and rewarding sports participation.

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