

#### CLINIC SERVICES:

- Back Pelvis and Lower Limb Injuries
- Hip, Knee and Ankle Injuries
- Sport and Dance Injuries
- Work injuries
- "Hands on" Treatment
- Exercise Based Approach
- Massage Therapy
- Pilates
- Sports Orthotics

#### CLINIC HOURS

Monday	9am - 6pm
Tuesday	9am - 6pm
Wednesday	9am - 6pm
Thursday	9am - 6pm
Friday	9am - 6pm

## Sports Injury Management

You probably already know that a sports injury can not only affect your performance, but also your lifestyle.

Sport may result in injuries, many of which can be prevented. Whether you are an elite athlete or a "Sunday walker" sports injuries can be a common and frustrating problem. The good news is that most sports injuries can be effectively treated by your physiotherapist. Proper sports injuries management, rehabilitation, and advice can be sought from the expertise of physiotherapists you will be enabled to return to your sporting activity as soon as possible following an injury.

Also, sports injuries can often be caused from overuse and over training, such as runner's knee or tennis elbow where the player pushes their body to the limit. Sports injuries can also occur due to under training. Not stretching and having a good warm up can also lead to many injuries as the body is not prepared for the exercise.

Treatment goals include:

- **Relieving your pain quicker** via joint mobility techniques, massage and electrotherapy
- **Improving your scar tissue** using techniques to guide the direction it forms
- **Getting you back to sport or work quicker** through faster healing rates
- **Loosening or strengthening** of your injured region with individually prescribed exercises
- **Improving your performance** when you do return to sport - we'll detect and help you to correct any biomechanical faults that may be affecting your technique or predisposing you to injury

Physiotherapists are highly qualified and trained in the assessment and



treatment of sports injuries. Sports physiotherapy treatment techniques employed include the use of various electrotherapeutic agents such as interferential, ultrasound, laser, ice and heat. Other injury rehab techniques commonly used include joint mobilisation and manipulation techniques to increase the length and strength of muscles and prescription of exercises to enhance balance and co-ordination.

One of the important aspects of physiotherapy management is helping you to learn self-care. This may be in the form of exercises, strapping/ bracing, learning how to modify your activity to reduce overstraining your injured part and learning self-treatment strategies.

**Your physiotherapist will guide you safely back to the level of sport at which you wish to participate. If you need guidance, simply ask us.**

### S-T-R-E-T-C-H Of The Month The Forward Hang

Stand with your feet hip-distance apart and your knees slightly bent.

1. Interlace your fingers behind your back. (If your hands don't touch, hold on to a dish towel.)
2. Breathe in and straighten your arms to expand your chest.
3. Exhale and bend at your waist, letting your hands stretch toward your head.
4. Hold for five deep breaths.



### TOWARDS WELLNESS

#### Why exercise makes you better at your job

President John F. Kennedy once said, "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." The same blood that runs through your body also runs through your mind. If you are sluggish and aren't active in your daily life, your mind will also carry those same attributes and become sluggish. The reverse is also true; if you are highly active and have blood constantly flowing through your body; the same will be flowing through your mind.

The by-product of exercise is that you will have oxygenated blood fuelling your body and mind which will make you more energetic, dynamic and creative. This will make you more productive at work and in every area of your life.

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