



Your Logo

Achilles Tendinopathy

ACHILLES TENDINOPATHY

Achilles tendinopathy is an unfortunately common complaint seen in a physiotherapy clinic. Achilles tendon pain is usually due to small tears in the tendon which can develop over time. This may occur due to a single incident of over-stretching or straining the tendon, or through general overuse where the tendon becomes worn and damaged.

Several factors can contribute to the development of Achilles Tendonitis. These include:

- Wearing high-heeled shoes that shorten and tighten the calf muscle
- A sudden increase in the amount of weight bearing training such as walking or running
- Poor footwear that rubs against the tendon or does not support the foot adequately
- Training on hard or uneven surfaces e.g. road running, beach running and running up hills is notorious for this
- Insufficient stretching and/or recovery between training sessions
- Poor foot biomechanics – excessive pronation is the most common
- Weight gain



Achilles symptoms include pain in the Achilles tendon, heel or lower calf. Tenderness to pressure and redness and swelling are common. There may be difficulty rising up onto your toes, particularly when standing on 1 leg only. In some cases it can be difficult to put the foot to the floor after a training session, or first thing in the morning.

Treatment may include:

- Correction of foot biomechanics – advice on footwear and/or the prescription of orthotics
- Loosening of muscle and joint structures that may be impairing or altering normal movement of the calf muscles and ankle joint
- Mobilizing or manipulating the bones of the ankle and the foot
- Stretching and releasing the muscles of the calf
- Strengthening program to prevent re-injury

Early physiotherapy treatment for this problem is vital as it can become difficult to resolve the longer it has been there. Full rehabilitation is important to achieve an optimum outcome and prevent re-occurrence.



ACUPUNCTURE

What is it?

Originating in China, acupuncture is a system of complementary medicine that encourages the body to promote natural healing and improves function and balance.

How does it work?

Energy channels called meridians, run in regular patterns throughout the body. Meridians are like rivers of energy all over the body and when there is a blockage or obstruction in the movement of these rivers, just like a dam, they can back up. Inserting very thin and therefore painless needles into the precise acupuncture points that are found throughout the body re-establishes the flow of energy through the meridians.



What are the effects?

Acupuncture helps the body's internal organs to correct imbalances in digestion, absorption and energy production activities as well as the circulation of energy and hormone function. Treatment stimulates the brain to release endorphins, which are natural 'feel good' hormones, providing natural pain relief. Improved energy and biomechanical balance produced by acupuncture results in stimulation of the body's natural healing abilities and promotes physical and emotional well-being.

Acupuncture can help with:

- Chronic and acute pain
- Digestive disorders; gastritis, constipation, diarrhoea
- Respiratory disorders; sinus, sore throat, bronchitis, recurring chest infections, asthma, hay fever
- Joint and muscular disorders; headaches, neck pain, frozen shoulder, tennis elbow, lower back pain, sciatica, osteoarthritis
- Psychological disorders: anxiety, stress, depression and sleep issues
- Gynaecological issues: Menstruation, reproduction and fertility issues
- IVF and pregnancy support



BACK PAIN

It is a fact that approximately 8 out of every 10 people will experience at least some form of debilitating back pain in their lives.

The symptoms for back pain can be:

- Persistent aching or stiffness anywhere along the spine, from the base of the neck to the hips.
- Sharp, localized pain in the neck, upper back, or lower back — especially after lifting heavy objects or engaging in other strenuous activity.
- Chronic ache in the middle or lower back, especially after sitting or standing for extended periods.
- Back pain that radiates from the low back to the buttock, down the back of the thigh, and into the calf and toes.
- Inability to stand straight without having severe muscle spasms in the low back.



In most cases back pain can be treated with activity modification and physiotherapy. In the physiotherapy examination a subjective evaluation determines physical condition, pain location and mechanism of injury. Objective examination involving movements, palpation and other special tests help pinpoint which structures are involved, and how to proceed with treatment.

Pain management is the main focus of a physiotherapy program. Heat and painfree positioning are used initially. Massage is also helpful, to reduce muscle spasm. In some cases, trigger point massage may be used when there is referred pain down the buttocks and leg that resembles sciatica. Other treatments may include acupuncture, mobilization and manipulation. Proper posture will be taught and devices for maintaining good spinal alignment while sitting will be prescribed.

Stretching exercises form a major part of your therapy. These exercises, targeting the lower back, buttocks and hamstrings relieve tightness and promote blood flow. Water exercises, swimming and light walking may also be recommended. Instruction in proper body mechanics during bending, lifting and carrying heavy objects is another important aspect of your recovery.

Once symptoms are under control, a home exercise program should be prescribed and maintained to prevent recurrence of back pain. Ergonomic adjustments in the work place and weight loss will also help with long term pain reduction and symptom control.



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Core Stability

CORE STABILITY

With the increase in popularity of Pilates exercise programs, terms such as core stability have become common language. Most people are aware that core stability has something to do with the abdominal muscles, but for Physiotherapists the growing awareness of core stability has revolutionized the way they look at back pain.

Core stability refers to the ability of certain, specialized muscles to prevent uncontrolled and potentially damaging movement of the lower back and trunk. It's important to have adequate core stability, as the powerful muscles attaching to the spine initiate practically all sporting movements and most everyday ones. These movements are more efficient if these power-generating muscles have a stable base from which to work. Forces transferred up the legs or arms (e.g. from running or hitting a tennis ball) are also absorbed and transferred in the trunk. If these aren't controlled they can injure your back.



It's for this reason that Physiotherapists look at core stability in an individual with seemingly unrelated problems – a hamstring strain, for example, where an inability to properly control spinal movement can contribute to re-injury or delayed recovery.

The two primary core stabilizer muscles are **Multifidus** (at the back) and **Transversus Abdominis** (the deepest level of abdominal muscle). These muscles comprise the innermost layer of muscles in the trunk and in conjunction with the pelvic floor, act as a brace to protect the lower back.

These "core" muscles become inhibited when you have back pain, and significantly, they don't necessarily automatically switch back on once the pain settles. They lose their memory and timing, such that if they do come back on, their protective abilities can be delayed. Research has shown that if the core stabilizers don't work well, the back can be predisposed to further or recurrent injury. This has been studied and well-documented in physiotherapy literature.

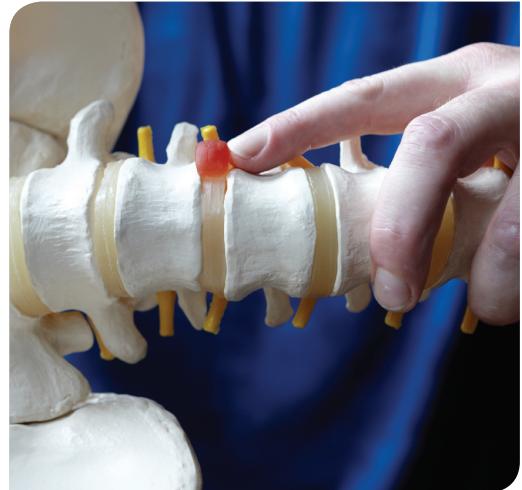
Physiotherapists are skilled in the teaching of core stability exercises, and today they are used as an important component of rehabilitation from back pain and injury. When core muscles are well conditioned, they contribute to good erect posture and strong, safe movement.



DISC PROLAPSE

Commonly called "herniated disc" or "ruptured disc" (or misleadingly called "slipped disc"), a disc prolapse is one of the common conditions we treat. The spinal column is made up of a number of bones called vertebrae. Between these vertebrae are discs which prevent the bones from rubbing against each other during movement and act as shock absorbers during impact. In the lumbar spine (lower back), the discs are composed of a fibrous outer layer and a gel-like inner layer. When the outer layer becomes worn through overuse or injury, the inner layer can leak or "prolapse" out of the disc and cause pain.

Sometimes all it takes is a sudden, forceful movement (such as bending or lifting) to put too much strain on an already weakened disc and cause severe pain. If the prolapsed substance touches a nerve, pain, weakness and reduced sensation can be felt along the nerve, usually down the buttock or leg. This is known as sciatica.



Staying active during the acute stages of lower back pain is preferred over bed rest, as long as the activity does not aggravate the pain. An early visit to your physiotherapist is critical in assisting the body to repair the disc for pain relieving strategies.

A thorough physiotherapy assessment should include various neurological, orthopaedic and specialised test. Physiotherapy treatment includes pain-relieving strategies such as heat and soft-tissue massage, progressing onto joint mobilisation and exercises where possible. Getting the spinal joints moving will reduce stiffness, restore mobility and promote healing of the damaged disc. Specific stretching and strengthening exercises to increase mobility and muscle strength and prevent further deterioration of the disc will follow.

Once healing begins to take place, a tailored exercise program that suits individual needs and lifestyle should be prescribed. Core strengthening exercises that tighten the abdominal wall are usually recommended to promote good posture and restore normal function. Education in proper body mechanics such as lifting, bending, work habits etc. is vital in preventing a recurrence of the injury.



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General Podiatry

GENERAL PODIATRY

XXXXXXXXXX Podiatry offers a comprehensive service in the treatment of all matters relating to the feet and toenails. A general podiatry treatment assists with the maintenance of good foot health. Treatment not only focuses on current problems but it also provides advice and information in order to help prevent their recurrence.

A General Foot Care Service Includes:

- Cutting and filing toenails
- Treating cracked heels
- Treating ingrowing nails
- Removing corns and calluses
- Treating plantar warts
- Treating fungal nails
- The cutting of thick or hard-to-cut nails
- Assessing and treating diabetic feet and their associated complications



The goals of general podiatry include helping the elderly stay active, providing foot comfort for runners, or simply making sure that feet always look and feel their best.

All instruments are sterilised and handled in a safe and clean environment.

Treatments are available to people of all ages and occupations.



HEADACHES

If you suffer from persistent or recurring headaches, it may be that they are coming from your neck even though you may not have actual neck pain. The neck, or cervical spine as a cause of headache is commonly overlooked and can result in patients suffering for many years.

Physiotherapists are experts in assessing and treating neck related headache.

Headaches caused by the structures of the neck are often one-sided, with pain usually arising at the base of the skull and referring to the temple, forehead or eye region. However pain can be present in the eye/head region alone. Pain can be aggravated by neck movement or sustained postures and is often eased by manual pressure to the joints at the base of the skull. Headache sufferers may wake with pain, or it may come on as the day progresses.



How your neck can cause pain in your head.

It has been well demonstrated that structures in the neck can refer pain to the head. The nerves that originate from the top of the neck (C1-C3) also provide sensation to the face and head. If these nerves are aggravated by stiff joints and muscles in the neck, they can cause pain in the head. This is called referred pain.

The Role of Physiotherapy

The role of physiotherapy is to thoroughly assess the neck. Specific questions should rule out other causes of headaches. Objective assessment involves palpating and feeling the structures of your neck to decide if they may be causing the headache. If the neck structures are involved, findings include:

1. Tight and painful structures in the neck (joint and muscle)
2. Pressure on specific structures will reproduce head pain.
3. A forward head posture and stiff mid back.
4. Reduced motion in the upper joints of the neck.
5. Reduced endurance in the deep muscles of the neck.

After correctly diagnosing the neck as the cause of headache, treatment can be quite straightforward for an experienced physiotherapist.

A combination of gentle manipulation of the neck joints, massage and/or acupuncture to reduce muscle tension and spasm, and specific exercises for the deep muscles of the neck, will go a long way to reducing, if not abolishing, headache pain.



INJURY PREVENTION

Many people come to see us after they have suffered an injury, and we are happy to help them; but many of these injuries could have been prevented if they had come before they had the injury. A great part of the physiotherapy treatment protocol has to do with injury prevention. We will take a look at some ways we can help you prevent injury.

PROPER BODY MECHANICS

Muscle strains, especially those of the back, are a frequent reason for people coming to our clinic. Many people strain their backs because they carry and move objects incorrectly.



IMPROVED POSTURE

Poor posture often leads to complaints of back, neck and shoulder pain, because it loads the muscles more. Poor posture may also alter your gait which can lead to back and knee pain. By correcting your posture we can help you avoid all these injuries.

STRONG KNEES

Knee pain is usually the result of weak quadriceps muscles, tight hamstring and calf muscles and lack of flexibility in the joint. By giving you a regimen of tailored stretching and strengthening exercises, we can help you avoid injuries such as runner's knee, patellofemoral pain syndrome, ACL injuries and others. Some of these conditions may also be due to wearing the wrong type of footwear or poor technique. You may need to wear orthotics in your shoes or to modify your technique.

PREVENTING FOOT INJURIES

Achilles tendonitis, plantar fasciitis, metatarsalgia and other foot injuries are usually due to overuse or overtraining that puts stress on the tendons and ligaments, leading to pain and injury. Calluses under the feet, leg-length discrepancy, tight calf and hamstring muscles, over-pronation or over-supination can all signal the onset of these injuries. Physiotherapy can help with specially tailored exercises to stretch and strengthen the muscles involved and advise you on proper footwear and technique.

PREVENTING SHIN SPLINTS

At the first sign of pain along the inside of the lower leg you should take a few days off exercise. You can cross train during this time while we teach you how to stretch and strengthen your calves and shin muscles. You may also need to replace your running shoes.

Just like there are many different types of injuries, there are many ways to avoid them. As the old adage reminds us that prevention is better than cure, come and see us at Pro-Therapy and we'll show you enjoy doing the things you do without risk of pain or injury.



NECK PAIN CAN BE A DEBILITATING HEALTH PROBLEM

Your spine is made up of bones (vertebrae that support the body's weight), their joints (facets that guide the direction of the movement of the spine), and the discs (which separate the vertebrae and absorb the shock as you move), the muscles and the ligaments that hold it all together. One or more of these structures can be injured:

You can strain or sprain the ligaments or muscles from a sudden movement, improper movement or through overuse.

Sprains can allow the disc to bulge and press against a nerve. Any of these injuries can result in a two-or-three day period of acute pain and swelling in the injured tissue, followed by slow healing and gradual reduction of pain. The pain may be felt in the neck, the head (headaches), in the shoulder, or down arm (often the pain is felt primarily in the shoulder, arm or hand with very little actual neck pain). Onset of pain may be immediate or occur some hours after exertion or an injury. There may be a slow onset - pain gradually increases over several days or weeks.



Signs & Symptoms

- Pain or deep ache of the neck, shoulder or arm (this needs to be differentiated from true shoulder pain, such as tendonitis\bursitis).
- There may be burning or tingling of the arm or hand or headaches. It may be continuous, or only occur when you are in a certain position.
- The pain may be aggravated by turning your head, looking up or looking down (as with reading).
- Limited range of motion (less than normal movement) of the neck.
- Stiffness of the neck and shoulder muscles.

Some of the Causes

- Postural strain (improper position when sitting - reading - working at a computer)
- Severe blow or fall, car accident, heavy lifting.
- Sleeping without good neck support/sleeping on your stomach
- Turning over while you are asleep. Then waking up with a "stiff neck."
- Degenerated/ ruptured cervical disc,
- Spondylosis (hardening and stiffening of the spinal column).
- Often there is no obvious cause.

Risk Increases by:

- Sitting for long periods and bending your head /neck forward. (desk work, cooking, etc.)
- Participation in sports without warming up (stretches).
- Sharp increase in athletic activity (weekend athlete)
- Poor posture with sitting - sleeping.
- Frequent travel on planes.
- Falling asleep sitting up. (head hanging down)

WHAT YOUR PHYSIOTHERAPIST CAN DO FOR NECK PAIN

A Physiotherapist can help treat neck pain. Physiotherapy can help treat stiffness and discomfort, improve recovery time and promote blood flow. Physiotherapists can help to assess areas of improvement and provide treatment options for neck pain. A Physiotherapist can provide an assessment or examination to help determine the source of pain and its behaviour in the body. The location of the pain and how it behaves can provide an understanding of the underlying physiological problem and provide a treatment plan.

Physiotherapy can help create an appropriate exercise regimen, improve the nerve function, correct poor posture and develop the muscles of the cervical spine.



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The Pelvic Floor

THE PELVIC FLOOR

The pelvic floor includes a group of muscles and ligaments that form a “floor like” structure that supports key organs. These include the bladder and bowels (and uterus for women).

A strong pelvic floor is important for preventing issues like urinary incontinence for men and women (the involuntary loss of control of urine) and pelvic organ prolapse.

Pelvic organ prolapse occurs when the muscles and tissues supporting the organs (i.e. the pelvic floor) weaken. This can be caused by various issues including childbirth, aging, chronic cough, hormonal changes such as menopause, excessive straining due to constipation, constant lifting of heavy objects, obesity and pregnancy.

HOW TO STRENGTHEN YOUR PELVIC FLOOR MUSCLES

All men and women should regularly exercise the pelvic floor muscles. It is highly recommended that women do pelvic floor exercises daily to prevent weakness and, if needed, to improve the strength of the pelvic floor muscles.

As with any muscle, consistently performing the right exercises always helps. Gentle exercises (like walking regularly) can also help strengthen the pelvic floor muscles.

Anyone who's ever experienced pelvic pain or pelvic organ prolapse will tell you it's a frustrating and painful ordeal.

SO HOW CAN PHYSIOTHERAPY HELP WOMEN AND MEN TONE AND STRENGTHEN MUSCLES, ESPECIALLY IN THE PELVIC AREA?

Physiotherapists can design a full pelvic workout, including exercises called “Pelvic Clocks” and “Kegels” to strengthen the muscles in the pelvic region.

Kegel exercises are the most effective way to tone and strengthen the pelvic floor muscles. According to several studies, women after the age of 35 lose approximately 5% of their body's muscle mass every 10 years. This loss of muscle mass affects every aspect of a woman's body, including the pelvic region.

To find out how you can benefit from these and other exercises, call our office today to schedule an appointment. Let us help you regain control of your pelvic floor muscles.

Don't wait until you suffer the symptoms of pelvic floor weakness to take action. Call us today and take preventive measures.





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Postural Assessment

POSTURAL ASSESSMENT

The importance of good posture cannot be stressed enough in modern times. It extends far beyond our outward appearance and aesthetics. Your posture is an indication of muscle balance and mechanical efficiency.

Physios often see cases where postural faults initiate a chain of events that results in incapacitating pain, time off work and costly medical bills. The issue is becoming more relevant as we tend to spend more time at work. However, bad posture can also be problematic at home after hours.

Achieving good posture is more complicated than simply 'putting your shoulders back'. For example, did you know that most people's postural problems originate from the positioning of the pelvis?

A Physiotherapist can help and will begin by conducting a thorough assessment of the patient's posture. This can include:

- Detailed postural observation
- Muscle length and muscle control testing
- Full joint assessment
- Evaluation of functional tasks
- Posture Pro Computer Analysis



Your physiotherapist can provide professional assistance in achieving and maintaining good posture with

- A personalised stretching and exercise program that is tailored specifically to you, bracing and/or taping techniques
- Core-stability exercises
- Ergonomic advice for your work and home environments
- Physiotherapists will also use hands on techniques to treat joint problems by specific joint mobilisation and manipulation.

Benefits of Physiotherapy

An assessment of your posture can screen for structural problems and muscle imbalances but more importantly, it improves your body awareness which is important for injury prevention. Being aware of good posture is the first step to breaking poor postural habits and reducing stress and strain on your body.

Our team of Physiotherapists is specially trained to evaluate your posture. We will make recommendations at the conclusion of your assessment so you can take control of your long-term structural health. By putting this knowledge into practice you can prevent the anatomical changes that can develop if poor posture is left uncorrected.

So set up an appointment with our Physiotherapists Today and have your posture assessed!



REFERRED PAIN

One of the most common questions that physiotherapists face is "What is referred pain?" The name suggests a strange problem, one that doesn't relate to a specific area. Put simply, referred pain is pain felt in an area that does not seem to have any relation to the problem.

The mechanism of referred pain is thought to be the nerves from the tissue or organ where the problem is 'mixing' with the sensory nerves where the pain is felt.

The pain felt with referred pain is usually deep, and it is difficult to pinpoint where the exact location is. At times, however, referred pain can result in numbness, pins and needles or tingling in areas of the body.

There are many conditions that involve referred pain. A very common example is headaches, in which pain is referred to the base of the skull, the top of the head, the forehead, or to the temples. The source of the problem with headaches is most often the joints or muscles of the neck. Pain sensations travel through the nerves between the neck and head, and confusion in the nerve pathways results in pain being felt in the forehead, or temples.

Physiotherapists are specially trained to locate the underlying source of pain, and restore proper function to the area.



TREATMENT

The aims of the treatment are:

- Reduce inflammation
- Improving movement of the joint
- Relaxing painful muscle spasm
- Strengthening weakened muscles

The treatment may involve stretching and massage techniques to tight and tender muscles, gentle mobilisation techniques and

manipulation of the effected joints and the use of ultrasound or interferential modalities. You may also be given exercises based on your personal need and fitness level. Supervised exercise-programs have been shown to be far more effective than unsupervised programs.



SCIATICA

Sciatica is caused by pressure on the sciatic nerve - a very large nerve that originates from the lower lumbar spine and travels through the buttock into the leg as far as the back of the knee.

Sciatica is characterized by pain, numbness, and weakness in the legs. Commonly pain and numbness are located at the calf, foot, or back of the thigh. This is usually preceded for a few weeks by lower back pain. Eventually the leg pain becomes worse than the back pain. Pain can either be dull and aching or can be a shooting pain down the leg all the way to the toes. This pain can last for several days or weeks or it can subside for even a few hours. However, someone who has had sciatica for a long period of time will find that the pain localizes in the buttock and thigh. In severe cases it can damage nerves and reflexes or cause the calf muscle to deteriorate.

Sciatica is a common problem for manual workers, sedentary office workers and is particularly prevalent during pregnancy.

Pressure on the Sciatic nerve can result from a number of reasons including:

- Tightness of the piriformis muscle in the buttock that compresses the sciatic nerve
- Spinal/vertebral dysfunction
- Herniated disc, disc prolapse
- Osteoarthritis
- Poor posture - wearing high heels, prolonged sitting, poor mattress
- Poor lifting technique and poor bending habits
- Spinal compressions due to osteoporosis



Since there are many disorders that can cause sciatica, your physiotherapists' first task is to determine the exact cause of your sciatic nerve interference. Physiotherapy treatment always begins with a thorough history, spinal, orthopaedic and neurological examination. Special diagnostic imaging investigations such as X-ray, CT, MRI and posture pro scan may also be required to accurately diagnose your sciatica.

Treatment of Sciatica

As sciatica is due to pressure on the sciatic nerve, it stands to reason that treatment involves removing this pressure. Your Physiotherapy treatment aims to achieve this by reducing nerve pressure caused by poorly moving spinal joints as well as easing muscular tension in the lower spine, buttock and leg. This is achieved by using a combination of the following techniques:

- Spinal mobilisations
- Massage therapy and trigger point therapy
- Stretching tight muscles, joints, tendons and ligaments
- Ultrasound and other electrical stimulation devices
- Advice in relation to how to minimise pressure and irritation of the sciatic nerve

In addition to this, you will be given a series of home stretching exercises and asked to apply ice and heat to help aid your recovery. If you are suffering with sciatica at the moment please do not delay - you can achieve the best results when you address the symptoms early. Please contact us to begin your care today!



SHOULDER INJURIES

Life can bring activities and sports that can result in some common injuries involving the shoulder. Sports such as tennis, golf, swimming, soccer, wake-boarding or water skiing, even home maintenance work can all cause shoulder problems.

The rotator cuff is comprised of a group of muscles and tendons that cross the top and back of the shoulder and attach onto the bone at the top of the shoulder joint, most commonly the supraspinatus tendon is affected. The biceps tendon crosses the front of the shoulder to attach to the joint. Any activity that uses repetitive overhead motions or sustained postures can result in inflammation of these tendons and shoulder pain due to tendinitis.

THE MOST COMMON SHOULDER PROBLEMS INCLUDE:

Impingement Syndrome

When the rotator cuff tendons become pinched in the joint due to narrowing of the joint space; this is commonly due to either inflammation or arthritic changes.



Bursitis

Inflammation of the bursa (fluid-filled sacs) around the shoulder that normally are present to provide cushioning.

Muscle Strain

Can occur in the upper shoulder muscles such as the upper trapezius or in the deltoid muscle at the side of the shoulder. If you notice pain or soreness in your shoulder following any repetitive activities or sports it is important to use a cold pack for 10 minutes 3-5 times per day to help decrease inflammation. If symptoms persist or worsen it is advised to visit your family doctor or a physiotherapist to further assess your shoulder problem.

HOW CAN PHYSIOTHERAPY HELP?

- Provide you with a comprehensive assessment of your back problem and communicate to you a physical diagnosis of your problem
- Provide a variety of manual therapy techniques including mobilizations and manipulations
- Provide an exercise regimen specific to your problem to increase flexibility, strength, and core stability
- Provide postural and ergonomic education and retraining
- Provide modalities such as TENS, IFC, ultrasound, heat, and cold to reduce pain and decrease inflammation



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Sports Injury Rehab

SPORTS INJURY REHAB

Sports injuries are often 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 or poor training practices or not wearing the correct training equipment. Not stretching and having a good warm up can also lead to many injuries as the body is not prepared for the exercise.

Sports injuries are injuries caused by playing sports. The injuries can vary in severity, from a sprained ankle to a dislocated shoulder or even a complete rupture of the Anterior Cruciate Ligament (ACL).

Physiotherapists often see injuries while they are in the acute phase (this is the first 48 to 72 hours). Initially sports injuries should be treated with the RICE (Rest, Ice, Compression and Elevation). The sports injury should then be assessed by a physiotherapist who will accurately diagnose and treat the injury. An injury is a setback and is disruptive to normal training routines, so having your injury looked at immediately is important.

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 over-stressing your injured part and learning self treatment strategies.

It is important that if you injure yourself playing a sport, don't continue to play, use the RICE principles mentioned and make an appointment with your Physiotherapist.

