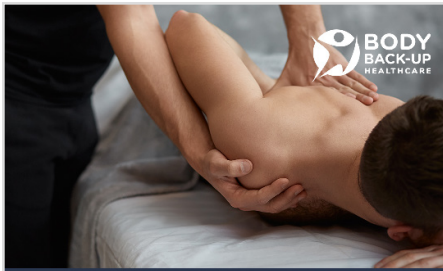


SPORTS INJURIES



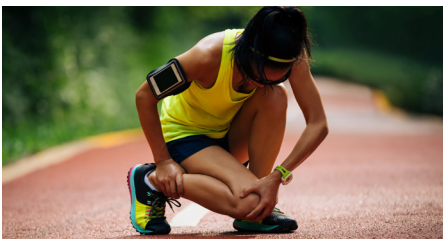
PATIENT OSTEOPATHY PARTNERSHIP

- EXPLORE
- EMPATHISE
- EXPLAIN
- ENGAGE
- EXERCISE

The Body Back-Up Approach

“Our osteopathic approach to treatment concerns the inter-relationship and balance between muscle groups and joints.

Our assessment of a sports injury involves an overview of the areas of the body, as well as the area causing the pain”.



Your Questions

- What treatment will best help the injury heal?
- What can I do to speed up my recovery?
- How soon will I be able to return

to my sport?

- How many treatment sessions will I need?

Understanding your Needs

Having an injury may produce a pain that occurs in an area quite separate from the origin of the problem. For this reason, successful rehabilitation and recovery requires a detailed assessment and mobility evaluation.

The root of the problem could be a combination of several issues rather than one single structure.

- **Muscular injury?**
- **Tendon strain?**
- **Ligament injury?**
- **Nerve root “trapped”?**
- **Cartilage injury?**
- **Disc damage?**
- **Muscle spasm?**
- **Bone damage**

Osteopathic Evaluation Problem

In an initial consultation several factors are considered;

- Area of excessive or reduced mobility.
- Compensatory changes that have developed
- Balance and ease of movement

Body Back-Up “hands on” treatment can be used to ease joint, muscle and tendon stiffness.

Treatment is often applied away from the centre of the most intense

symptoms gradually moving towards the centre of the symptom causing tissues—this allows progress without aggravating the injury.

Advice & Prescription Exercises

Your recovery needs to be made part of daily life without becoming hard work!

Specialised exercises may be prescribed to help increase joint mobility and stretch muscle groups.

Our ‘Flex-a-Stretches’ also help to maintain awareness of a possible build-up of stiffness that might indicate a Body Back-Up Check-Up.

Our exercises can prove to ensure good muscle balance and stability as well as activate muscles that need retraining.

Minimising Risk of Future Injury -Prevention

The way in which you carry out your sporting activity can greatly affect the likelihood of injury.

- Cross training
- Warming up / Warming down
- Reducing Impact injury
- Lifestyle and Rest
- Varying pace and intensity

We can discuss these aspects of planning and prevention as part of your care plan.



For information and appointments:

Maida Vale (London)
020 8969 0247

Maidenhead (Berkshire)
01628 624544