



7 TOP TIPS TO MANAGE SPORTING INJURIES

GUIDE BY CARL NEAL



ABOUT THE AUTHOR

CARL NEAL

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Carl is an experienced physiotherapist who founded Weymouth Physiotherapy in 2018.

For close to a decade people have consulted with him, hoping to find getting a diagnosis and treatment plan for sporting injuries. He has a passion to get people not only free from pain but also living the life how they want to live, without restrictions.

He honed his skills in the NHS where he saw a high volume of patients and now has crossed the boundary to work within the private sector. He wants to expand his reach and help ever higher number of patients who want to get better and in control of their symptoms.

In this special report, Carl shares with you 7 powerful tips that can help Sgt you over your sporting injuries. He tells us that many times his patients have told him that they have been confused with the vast and often conflicting information that is out there. He hopes this gives you clarity.

Sometimes small changes can have a big effect. Whether you put one or two of these strategies in place or all of them we are sure they can help you. Many people who have back pain are fearful of losing their active life and these things can really help. You just have to decide what to start with.

7 TIPS TO MANAGE SPORTING INJURIES

1. POLICE not PRICE or RICE

POLICE stands for Prevention, Operant Loading, Ice, Compression and Elevation. Obviously prevention is better than cure however we know that this is not always possible. Operant loading has replaced rest as in many conditions it is beneficial to do some some form of exercise, total rest is not always a good thing.

Ice can help both with pain and also swelling as does compression and elevation. The mantra is above your heart but the reality is that is not possible. Try to keep the affected part higher than the joint above it.

2. Go through the right rehab sequence

In order to get back to your sport it is important that you fully rehabilitate it. With all sporting injuries you need to go through a timeline of rehabilitation– managing swelling, regaining range of movement, strength training, proprioception training, plyometric training, sports specific training, then finally return to sport.

If you need guidance on what to through in any of these stages then get in contact and we can devise a custom rehabilitation plan for you.

3. Monitor your training response

In the case of overuse injuries in sport keep a track of your training. We recommend you keep a diary of what you do and importantly how each session feels. This enables you to keep tabs on whether you are overdoing things. Some pain is okay but should not exceed 4-5/10. By doing this you reduce the risk of it reoccurring and it can also be used to help guide your return to sport.

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4. Don't rush back

This is probably the biggest mistake people make. We all love our sport and want to get back to it as soon as possible. All too often however people let things settle down and then go back. This often leads to further reinjury and ultimately a longer length of time to get back to sport. Ensure you slowly build back in to your sport. Any doubts then get in contact with us and we can do return to sport testing and offer advice as required.

5. Use a dynamic warm-up

People tend to stretch as part of their warm-up however there is little evidence to support this. In fact there is some evidence to suggest that it what it actually does is lower sporting performance.

It is much better to do a dynamic warm-up with movements that replicate some of the movements that you do in your sport. This prepares your bodies tissue for the demands that you are about to place on them.

6. Consider doing some strength work.

Strength training has a huge part to play in the recovery of sport injuries and has also been shown to prevent many different types of injuries. Focus on control when doing strengthening and in our opinion single leg training is more beneficial than double legged training as it means your muscles have to work harder as stabilisers.

If you regularly participate in sport, we suggest you do 1-2 strength sessions per week. It does not have to be in the gym as body weight exercise can be enough. If you're not sure what to do and to get a full evaluation of your strength book in to-day.

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7. Come and see us

Nothing beats coming in to see us at Weymouth Physiotherapy. We can listen to your story, and then assess you to find out exactly what you have injured. Should you need further scans or x-rays we can liaise with your Dr to arrange.

We will then come up with a customised treatment plan to get you living life as you want to. You will be presented with options as to what your care looks like be it interventions within the clinic or things that you need to work on at home.

Conclusion

These tips will hopefully enable you to recover from your injury but also prevent further injury in the future.

If you need some guidance on how to put them in to action and to get fully back in control of your pain then please do not hesitate to contact us.

We offer free telephone consultations where we discuss your condition and can talk about ways in which we could help. This gives you an opportunity as well to ask any questions.

Alternatively, we also offer free taster sessions. This is similar to the telephone consultations only you are able to come down to the clinic and discuss things in person.

Please note however this is not treatment it is just an opportunity to discuss any concerns you have. You can apply for this on the website or just send us an email.

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