

Soft Tissue Injuries - Sprains/Strains

Sprains occur when you injure soft tissues such as a ligament. A ligament is the supportive tissue which connects bones. Commonly sprained ligaments involve the knee and the ankle ligaments. Ligaments can also be sprained around the shoulder, primarily around the acromion-clavicular joint. Strains occur when you injure muscles and tendons. Common areas of strain are the muscles in the neck and back, biceps, triceps, pectoral, hamstring, quadriceps and calf muscles; as well as the Achilles tendon and the tendons around the shoulder.

Our physiotherapists can accurately assess your sprain or strain and determine the appropriate treatment plan. Treatment often includes advice on activity modification, expected duration of recovery, and exercises to ensure stability of the injured area.

At Physio in Action we also have Sam the podiatrist who may be able with footwear advice or Biomechanical assessment and orthotic prescription.

Treatment regimes can often be enhanced with the Physiotherapist working from head to toe and the podiatrist working up from the foot.