

# Sports Injuries

Physiotherapy can assist in the management of both acute and chronic sports injuries. Typical acute sports injuries include muscle strains and joint sprains. Muscle strains and tears can present in both experienced and new athletes, and they can be easily managed through physiotherapy. If treatment is not sought for these injuries in the early stages they can become chronic and take much longer to heal.

Whether you have a long standing complaint or a recent problem, our experienced physiotherapists will be able to help. From Elite athletes to those simply wanting to get fit we are used to dealing with clients from all sporting backgrounds. With any musculoskeletal injury, establishing and understanding the cause of the problem is crucial. Following a detailed assessment our therapists will devise a treatment program to not only address the current symptoms but to prevent future reoccurrence of the problem. Your rehabilitation will be focussed towards the specific demands of your sport. If your injury is severe enough to warrant surgery your physiotherapist will refer you on to a specialist.