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## **BROUGHTON ASTLEY PHYSIOTHERAPY CLINIC**

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### **SPORTS INJURIES**

Sporting injuries can be divided into two main categories- sudden/acute injuries eg a torn muscle or sprained ligament and chronic/accumulative injuries eg sore shins in runners or tendonitis (now called tendinopathy) from repetitive over use eg tennis elbow, achilles problems.

Strains and sprains are the most commonly occurring injuries treated by Physiotherapists affecting tendons/ muscles or ligaments. To use precise terminology you may strain a tendon and sprain a ligament. Many people do not know the difference: a tendon connects a muscle to a bone and a ligament connects two bones to each other.

Strains and sprains are frequently graded in severity from 1 to 4 and can range from just a few fibres being damaged to (rarely) complete rupture. In this situation there will be a lot of heat, swelling and bruising and immobilisation in plaster may be indicated. However in most cases physiotherapy is the treatment of choice. A Chartered Physiotherapist can assess exactly which structures have been injured and can give advice on first aid measures, selective rest, taping/strapping, appropriate mobilising exercises, specific massage techniques and ultrasound treatment. This accelerates the rate of repair by around 3 times. Strains and sprains usually take around 6 weeks to heal but physiotherapy can reduce pain levels, restore mobility and prevent complications occurring returning you to the track or pitch a lot quicker.

Many sufferers of sports injuries do not stretch or warm up adequately and do not keep fit and active the rest of the week. **Remember you should be fit enough to play your sport, not play sport to get fit!** If you have a sedentary job, playing squash once a week or going for a couple of runs will not get you fit but more likely result in injury. For advice on suitable warm up and training regimes a Chartered Physiotherapist can help regardless of your level and ability.

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