

Common Sports Injuries

How Physiotherapy Can Help

Physiotherapy helps restore your body's strength, movement, and flexibility after an injury or illness, using exercise, stretches, and manual treatments to get you back to doing the things you love.



Common Sports Injuries



Sprains & Strains

Overstretched or torn muscles and ligaments from sudden movements.



Fractures

High-impact activities causing broken bones, requiring rehabilitation for strength and mobility.



Tendonitis

Tendon inflammation from repetitive motion in areas like the shoulder, elbow, or knee.



Ligament Injuries

ACL tears from running, jumping, or quick direction changes.



Shin Splints

Pain along the shin bone, common in runners and high-impact sports.

Why early treatment matters

Delaying treatment for sports injuries can lead to chronic pain, reduced mobility, and re-injury. Early physiotherapy ensures faster recovery and prevents complications, getting you back to your sport sooner!

DID YOU KNOW?



70% of sports injuries can be prevented with proper warm-ups, stretching, and hydration? Staying proactive keeps you on the field longer and off the treatment table!

INTERESTING FACTS

The Allied Team - Greystanes
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The Allied Team - Toongabbie
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How Physiotherapy Helps



Pain Relief

Techniques like manual therapy, ice, and heat to ease discomfort.



Rehabilitation Exercises

Strengthening and stretching to restore mobility and flexibility.



Movement Analysis

Correcting faulty patterns to prevent re-injury.



Sports-Specific Training

Tailored programs for a safe return to your sport.



Injury Prevention

Strategies including proper warm-ups, stretching, and cool-downs.



Prevention Tips

1. Warm up and cool down before and after exercise.
2. Stay hydrated to prevent cramps and maintain muscle function.
3. Strengthen your core for better support and stability.
4. Always use proper technique during sports and workouts.



Simple Exercise

1. Stand with one foot forward and the other slightly bent.
2. Lean forward from the hips, keeping your back straight, and reach toward your toes.
3. Hold for 15–30 seconds, then switch legs.

(This stretch improves hamstring flexibility, reducing the risk of strains.)



Physiotherapy for Recovery



Faster Recovery



Personalized Treatment



Prevent Future Injuries



Boost Performance

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