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Preventing Sports Injuries

by Steven Ellery BHSC (PHYSIO),
Franklin Physiotherapy

franklin
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The winter sports season is upon us and the Franklin Districts sports grounds are alive with the sounds of people enjoying their chosen sports. Playing sport keeps you fit and healthy, right? For the majority this is correct! However twice a year my car has its annual WOF test to ensure it's in a roadworthy condition. More often than not it fails, resulting in me having to fix something to make it roadworthy. Even when it does pass there can be a few potential problems. If the problems were fixed the car would run at optimum potential. If left unchecked or given little attention in the next few months they become major problems to rectify. In a nutshell you wouldn't take your car out on the road without checking its basic roadworthiness, but that's exactly what many sportsmen and women do when it comes to playing sports or beginning their latest 'get fit' kick!

Bodies are similar to cars. Over time mechanical changes like injuries, scar tissue, strength imbalances, and loss of flexibility take place and our bodies don't work as efficiently as they once did (or as we would like them to). If our ability to move efficiently becomes compromised there is a strong likelihood that we will develop compensatory movement patterns which can eventually result in poor performance or injury. There is often no single reason for getting injured playing sports. Several factors can and often do contribute - previous injuries, gender, poor flexibility, body characteristics such as shape and size, posture, strength, balance and biomechanical factors. Early identification of the factors that cause injury and well planned early injury prevention plans are a sensible solution in the fight to keep sportsmen and women healthy, fit and actively participating in their sport.

Steve Ellery and his team of experienced sports physiotherapists are experts in the area of preparation for sports people. Having worked with national and international level elite athletes, sportsmen and women, and team competitors of many ages, our physiotherapists can offer a number of vital services to those competing in sports or beginning an exercise programme. By assessing the quality of your basic and fundamental movements with a Body WOF, we can help ensure you are moving as efficiently as possible, reducing the risk of injury when exercising or playing sport.

SERVICES OFFERED INCLUDE

- Advice and assistance on how to manage sprains and strains;
- Fitness, flexibility and strength testing;
- Biomechanical assessment identifying areas of muscle weakness, lack of flexibility, and unhealthy body postures
- Advice on injury risk or suitability to participate in certain types of sports;
- Preparation of cardiovascular or resistance training programmes - to lose weight, improve body composition or get fit for a specific sport;
- Advice regarding effective warm-up and warm-down strategies;
- Advice regarding your nutritional needs when exercising or playing sports.

To achieve Optimal Body Performance book your Body WOF by phoning 0800 662 427 for an appointment. Franklin Physiotherapy is located at 69 Seddon Street, Pukekohe, and 15 Martyn Street, Waiuku.