

BACK TO THE FIELD AT LIGHTNING PACE



*HOW TO GET BACK PLAYING
SOONER, STRONGER AND LONGER*

E-BOOK

DISCLAIMER

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Before taking on any exercise or treatment it is recommended that you seek professional diagnosis and consultation from a physiotherapist or medical practitioner. If you feel any pain or discomfort or if your pain increases after exercise cease activity immediately. The information in this guide is not meant to replace a professional opinion and treatment strategy.

In no event will Physio INQ, be liable for any decision made or action taken in reliance on information in this guide or for an consequential, special or similar damages, even if advised of the possibility of such damages.

Back to the Field at Lightning Pace: How to get back playing sooner, stronger and longer.

Back on the Field in 7 days

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So, you have injured yourself playing sport... join the nearly 1 million Australians who are injured every year

playing sport! Don't feel like a number, you are unique!

Whether you're an amateur or a pro, there's nothing worse than being injured. Sitting on the sidelines watching your team-mates chase the ball around is bad enough, let alone with an injury.

Get back on the field sooner, stronger and longer with this guide.

Some interesting facts on sports injuries:



Did you know that the most common group getting seriously injured is cyclists?

And did you know women get injured at far lower rates than men?



\$1.7b

It is predicted that sports injuries alone cost Australians a whopping \$1.7b per year in lost income, and economic impact.

Some interesting facts on sports injuries:



Did you know that more than 50% of sporting injuries in Australia are preventable?

The ankle and knee make up 60% of sports injuries.



60% of injuries are sprains and strains to muscles and ligaments.



Fractures make up 10% of sports injuries (sounds high!)



Part 1

Immediately following the Injury.

- Make sure you perform your **RICE** regime from day 1.

Rest, Ice, Compression, Elevation is one of the most important first treatments for many injuries.



REST - Stop using the injured part as soon as you realise that an injury has taken place and rest it for about 48 hours.



ICE - Use a bag of ice or cold pack on your injury four to eight times per day for 20 minutes each time. Ice should never be placed directly on your skin so use a towel to avoid freezing the skin.

Part 1

Immediately following the Injury.



COMPRESSION - In an effort to reduce the swelling, use a compression bandage or elastic wrap. It should never be painful to have a bandage on the knee, if this occurs your bandage is too tight.



ELEVATION - Elevate your leg on a pillow above the level of your heart.

- Get a diagnosis ASAP! Preferably from a Physiotherapist or Sports Physician.

 physioinq.com.au/

- Inform your coach of what you've done.

Part 2

Explore your body's other issues.



Other tension laden areas may have been contributing to the injury. And we are not just talking immediately around the area, we are talking whole body!

- Get these areas worked on for a holistic approach. Only then can you be sure that when you get back to sport will you be better than when you stopped.

- Don't stop all training and exercise. Only cease doing what causes pain to the injured site. Training everything else can really assist getting you back.

- Work on intricate skills you have been putting off. Skills that require precision and finesse are perfect ways to replace down time in rehab.

Rehabilitation.

If you have been given rehab, do it to the letter, and do it on the opposite leg, arm or side of the body! We are creatures of repetition and the more you do something right, the better you will perform it and your body will remember. Even doing rehab on the opposite side will assist. Your brain will tell your injured side “look at what I CAN do”



Continue to RICE through rehab. It helps to increase training time.

If you feel pain, take note.

If it increases, stop!

Part 3

Rehabilitation.

If it stays the same keep going, but monitor.

If it reduces, then great, but check what happens after. Does it increase or stay away?



Sometimes when pain goes away during exercise, but increases after, it is a sign of inflammation, which isn't good.

Work scientifically!

Try to do a few more reps, metres or weight each time you perform your rehab. Remember to work to your pain levels.

As you improve, continue to make the rehab more challenging by adding more weight, reps or distance.

Measure your results in your calendar.

Return to Sport.



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- Be in the right head space. Think sports psychology.
 - Make sure your body part is confident (internal feedback)
 - Don't hold back.
 - Warm up, but not too much!
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Part 5

Staying Uninjured!



Continue with your rehab for 4-6 weeks post your injury.

Remember those areas that were tight, stiff or sore in your body when you looked at the whole picture and keep an eye on them. If you had tight hamstrings, but hurt your shoulder, make sure you keep an eye on your hamstrings.

Staying Uninjured!

Warm up correctly.

A lot of science is pointing towards active stretching rather than static stretching in modern sport. Static stretching can sometimes put our muscles to sleep!

Mix up your warm up so you don't get stale. But make sure you cover everything.

Make it sport and position specific. If you have a particular role in the team, then warm up that way.

If you have an injury we recommend you make an appointment with a qualified physiotherapist to make a diagnosis and discuss rehabilitation. Contact Physio INQ.

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Physio INQ is part of a network of Physio clinics across Australia, employing and empowering the highest quality of practical and support staff

We are a cutting edge business of superb ethical standards, striving to be the most professional and personal health care business you will come across.

Physio INQ, originally Greater West Physio was established to get rid of the old school and bring in the new. Our practitioners have open minds, strong hands and an unwavering goal to improve the lives of every client we come across. Our mission is simple- to bring quality health care to the common man in a way that is personable, professional and memorable.

Through the utilization of our Unique Total Care Philosophy Framework, through to the efficient and clean paperless offices we are driving, to the embracement of the digital age with online bookings, exercise prescription and more, Physio INQ is moving with you.

Focusing on the family unit, we have developed a training program of our staff to be better communicators and mediators of health. Our aim is to have a completely open and transparent health relationship with all of our clients from day one.

Every clinic is run by locals for locals. Being Powered By Physio INQ is a sign of corporate care. We train, cultivate and embrace only the brightest local talents and aim to deliver our service with a strong community focus.