What can go wrong

Most sports injuries are a result of a direct blow (bruise or contusion) or indirect dynamic force (sprains, strains, tears). An increasing number of injuries are due to overuse stresses (foot, knee, hip, and shoulder injuries).

Getting back in the game

Before you can safely return to sport the injury should have healed. It is essential to regain sufficient strength, mobility, balance and coordination for your sport.

Getting help

When you choose a Chartered Physiotherapist you can have the peace of mind in knowing that you are being treated by a Physiotherapist who has a university degree qualification and is committed to the highest standards of ethical and clinical excellence. Many Chartered Physiotherapists have additional postgraduate qualifications in the sports medicine field.

General Information

Chartered Physiotherapists work with sporting organisations all over the country. They work with individual athletes and squads at training grounds and competition, and in clinics too. To find your local Chartered Physiotherapist Clinic visit **www.iscp.ie**

Chartered Physiotherapy fees can be claimed back through Vhi, Laya Healthcare and Aviva. Tax relief may be claimed by filling in the Med1 form available from the Revenue Commissioners at **www.revenue.ie**

Remember, with Chartered Physiotherapists you're in safe hands!

IRISH SOCIETY OF CHARTERED PHYSIOTHERAPISTS
The Voice of Physiotherapy in Ireland

Irish Society of Chartered Physiotherapists
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More information can be found at www.iscp.ie or by contacting the ISCP at (01) 402 2148.

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Is your Physiotherapist Chartered?

Physiotherapy Sports Injury & Recovery

Most sports injuries can be effectively treated or prevented by your Chartered Physiotherapist, enabling you to return to your sport as soon as possible.

Sports injuries

Participation in sport is an excellent way of providing exercise. While there is a risk of injury in most sports, the risk is far out-weighed by the benefits of activity. For example, exercise can protect against heart problems, prevent obesity and reduce the risk of osteoporosis by increasing bone density.

Sports injuries can affect sports men and women of all ages and abilities, resulting from accidents, poor preparation or playing on after being injured.

Preventing injuries

- Correct warm up and warm down exercises
- Protective strapping in some cases
- Correct footwear
- Specific conditioning for a particular sport
- Good general and aerobic fitness.

Common causes of injuries

- **Poor preparation for sport:** Warm up allows you to increase body temperature and blood flow to the muscles and joints of the limbs in preparation for exercise. Post-exercise cool down and stretching will help reduce next day stiffness.
- **Doing too much training too soon:** Your body needs time to adapt and strengthen during your exercise programme. Listen to your body - pain during or after exercise may be a signal that you are doing too much.
- **Unsuitable equipment:** Your sports gear needs to be in good condition and suitable for the sport. For example, helmets, racquets, shin guards, gum shields and footwear need to fit properly.
- **Returning to sport too soon after injury.**
- **Any injury will predispose you to injury in the future:** Make sure you see a Chartered Physiotherapist so that you will undergo appropriate rehabilitation and receive the right advice to help prevent this.

Common injuries

- Bruises
- Ligament sprains and tears
- Muscle and tendon strains
- Joint injuries
- Overuse injuries
- Stress fractures

Injured?

Severe pain, swelling and bruising are signs of serious injury and should be reviewed by a medical professional - a doctor or Chartered Physiotherapist. For more mild aches and pains apply the PRICE principles.

The P.R.I.C.E Protocol

Protect the injured area e.g. use crutches, protective bracing if appropriate.
Rest the damaged area to avoid further injury.
Ice the injured area for 5-10 minutes regularly within the first 48-72 hours to minimise bleeding to damaged tissue and reduce pain.
Compress the injured area to resolve swelling and aid recovery.
Elevate the injured area to prevent the accumulation of fluid.