

Sports Injuries

Sport participation and particularly soccer is an enjoyable part of the Australian lifestyle. It has many positive benefits by providing exercise, social contact, competition, weight control and promoting good health.

Prevention is best!

The incidence of injuries can be minimised by

- a warm up and cool down routine
- appropriate stretching exercises for flexibility
- correct footwear and good equipment (ie shin pads, tracksuits)
- protective strapping if necessary
- good general fitness and specific conditioning for your sport.

If an injury occurs start the **R. I. C. E. R. Program**

R Rest	- injured tissues need a period of rest to heal
I Ice	- 10-20minutes 2 hourly for first 24/48 hours
C Compression	- firm bandage to control swelling
E Elevation	- elevate injured part to assist drainage
R Referral	- visit a sports physiotherapist for an accurate diagnosis and to optimise recovery

It is also important to avoid any of the **H. A. R. M. Factors** for the first 48 hours.

H Heat	- increases bleeding
A Alcohol	- increases swelling
R Running	- too soon makes any injury worse and lengthens recovery time
M Massage	- is not recommended in this early phase

After 48 hours, treatment with heat may commence and gradual return to activity allowed within the limits of pain. Sports injuries can be effectively assessed and treated by physiotherapist and U9's TTG coach Mark Johns who provided these services to elite athletes and international soccer players at the 2000 Sydney Olympics.

A special \$5 discount per physio consultation is available to all TTG City Soccer Club players and their families.



Enquiries/appointments:

Village Physiotherapy & Sports Injury Clinic
Suite 7 Level 1
Village Shopping Centre
GOLDEN GROVE
Ph: 8251 4466