

SPORTS INJURIES

Sport injury rehabilitation treats a range of conditions including acute sport injuries, sprains, tendon and ligament repairs, tendonitis, hand injuries, shoulder dislocation, tennis elbow and foot or ankle dysfunction, stress fractures etc. The initial stage of treatment involves reducing pain and swelling and promoting healing. Thereafter individualised progressive exercises will target specific goals such as mobility, flexibility, training, coordination of balance and joint positioning. After a sport injury it is important to ensure that flexibility and the length of the damaged tissue is restored to its original state. This is to prevent the reoccurrence of injuries.