

10 COMMON INJURIES

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This leaflet does not replace the benefits of a full assessment and programme provided by an expert physio.



PHYSIOTHERAPY NEW ZEALAND | MOVEMENT FOR LIFE
Kōmiri Aotearoa



SPORTS INJURY? PHYSIOTHERAPY CAN HELP...

- Treat your injury and provide a rehabilitation programme
- Teach you how to avoid future injuries
- Enhance your sports performance



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Golfer's/tennis elbow

Neck/shoulder pain

Hand/wrist injuries

Back problems

Knee injuries

Hamstring tears

Calf tears

Shin splints

Achilles tendon pain

Sprained ankle

Playing cricket on the back lawn, cheering on the All Blacks and swimming through the waves at the beach... let's face it: Kiwi's love their sport.

If you share that passion then you'll know that with sport comes the risk of injury. A pesky shin splint or shoulder injury can make movement painful and keep you on the sideline for weeks.

Whether you're a weekend warrior or aiming for the next Olympics—a physiotherapist can help get you moving again and back on the field sooner.

You don't need to wait for an injury to seek advice; you can also see your physio for help to prevent injuries and enhance your sport performance.



How can physiotherapy help?

Injury management and rehabilitation

Your physio will conduct a thorough assessment to get an accurate diagnosis and will design a treatment and management programme that's just right for you and your sport.

Your physio can help with:

- Pain management
- Postural education
- Joint mobilisation and manipulation
- Specific rehabilitation exercises
- Strapping and taping
- Developing a programme for a safe return to training, or modifying your training to suit
- Referring you to a specialist if your injury needs further investigation.

Injury prevention

Feel like you're waiting for an injury to happen? Take the proactive approach and see a physio for injury prevention advice and techniques.

Your physio can help with:

- Identifying any previous injuries that have not healed
- Teaching correct techniques for warming up and stretching
- Prescribing an injury prevention programme specifically tailored to you and your sport
- Giving you a biomechanical screening assessment
- Prescribing an individual exercise programme to correct any muscle imbalances and improve your movement patterns.



Sports performance

Looking for a boost in your sports performance? Talk to your physio about a screening assessment and an individual performance plan to address any weak areas.

Your physio can help with:

- Sport specific conditioning to meet your goals
- Home and gym-based strength and flexibility training
- Exercises to improve your efficiency of movement patterns
- Core stability programmes (such as pilates)
- Improving your breathing control
- Biomechanical screening assessment to identify any faulty movement patterns that may be impacting on your performance.
- Many physios also offer video analysis of your activity and movements

How do I find a physio?

Got to www.physiotherapy.org.nz and click on **Find a Physio** to see who is available in your area.

Member of



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Check that your physio is a member of Physiotherapy New Zealand. This shows they are committed to high standards of professional practice. And remember – you don't need a GP referral to see a physiotherapist. Your

physio treatment for a sports injury may be partly covered by ACC, your physio can give you advice on this, including lodging an ACC claim for you if needed.