

Mt Pleasant Physiotherapy

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Practitioners

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Services

Physiotherapy
Clinical Pilates
Real Time Ultrasound
Acupuncture
Orthotics
Digital Posture Analysis

Injury Prevention

When do I see a Physio?:

Seek attention immediately if:

- you are unable to walk with the injury, physio's can refer you for an x-ray
- If pain or swelling/stiffness does not resolve within 3 days—YOU NEED PHSYIO!

What to do for an injury:

RICE

R-Rest the injured area from aggravating activities.

I-Ice 20 minutes every 2 hours

C-Compression. Use a compressive bandage or taping on the injured area.

E-Elevation. Elevate the injured area above the level of the heart to assist the removal of swelling through gravity

No HARM

H-no heat

A-no alcohol

R-no running

M-no massage

Heat or ice?

When to use heat or ice:

Ice: Any pain anywhere on the body immediately after it happens.

Ice treatment reduces blood flow to the affected region. This is beneficial in the inflammatory phase of an acute injury (first 72 hours) as it helps to reduce the amount of inflammation and swelling in the injured area. Ice should also be used **after activity** for chronic overuse injuries such as runners knee, achilles tendinopathy and shoulder bursitis.

Heat: greater than 2 weeks of *stiffness*, not pain symptoms.

Heat treatment increases blood flow to the affected area. This is beneficial after the inflammatory phase of an injury (after 72 hours) as more blood flow means more oxygen and nutrients are transported to the injured area, speeding up healing. As a general rule heat should not be used until no inflammatory signs are present (such as pain at rest or achiness in the morning that eases with movement). Heat also helps to relax and loosen up body tissues and as such should also be used **before activity** for chronic overuse injuries.

How to heat or ice:

Ice: Ice pack wrapped up in a damp tea towel. NEVER apply an ice pack directly to skin. Use the RICE principles when icing.

Heat: Use a heat pack/wheat bag. Put it in a microwave with a cup of water and heat on high for 2 minutes. Apply for 20 minutes as often as is required.

Hot packs and ice packs can be bought at the practice.

Warm up and cool down

Benefit's of warm up and cool down:

- Decreases chance of injury
- Improves your flexibility
- Improves your performance
- Increases the speed of recovery

Warm up

Purpose: To increase your heart rate and body temperature and to increase blood flow to muscles that will be used during activity. This improves the flexibility of muscles and joints and helps to stimulate the muscles to prepare for activity, improving your performance and decreasing your chance of injury.

When to warm up: The effects of a warm up last for approximately 30 minutes- therefore it is important not to warm up too early or your body will start to cool down.

How long should a warm up last: An effective warm up should be at least 15-20 minutes in duration.

How to warm up:

- **Phase 1:** Low intensity cardiovascular exercise such as light jogging or walking. This phase should last for 5-10 minutes.
- **Phase 2:** Dynamic warm up stretches such as lunges, squats, leg kicks, arm rotations and lower back rotations. Dynamic stretches are better than static stretches during a warm up as static stretches decrease your heart rate, opposing the goals of the warm up. However, a combination of both dynamic and static stretches appears to be of most benefit.
- **Phase 3:** Speed and agility exercises- running initially in straight lines and low intensities, progressing to change in directions and greater intensities
- **Phase 4:** Sport specific activities- perform the skills involved in netball such as passing,

catching and shooting.



Cool down

Purpose: An effective cool down is essential to assist the body's recovery following sport. It will help to decrease muscle soreness in the days following exercise, reducing muscle tightness and thus improving flexibility and reducing the likelihood of injury.

How long to cool down for: An effective cool down should last between 10 and 20 minutes in duration.

How to cool down:

- Walk or light jog for 5-10 minutes
- Static stretches of the major muscle groups used such as the quadriceps, hamstrings, calves and groin. Static stretches should be held for 30 seconds. Do 3 stretches for each muscle group
- Drink lots of water to re-hydrate your body. A sports drink such as Gatorade or Powerade is also beneficial to help replace the body's electrolytes lost through sweat.