



## if you have an injury

Seek immediate assessment and treatment. For sprains, strains and bruises:

- **Rest** - injured tissues must have a period of rest to heal
- **Ice** - 10 minutes frequently is better than one long application
- **Compression** - moderately firm bandage to control swelling
- **Elevation** - elevate the injured part to help drainage

Avoid any of the harm factors:

- **Heat** - increases bleeding
- **Alcohol** - increases swelling
- **Exercising** - too soon makes the injury worse
- **Massage** - in the first 24 hours

# PHYSIOTHERAPY

## general information

Chartered physiotherapists are health professionals allied to the medical profession and carry a university qualification. They use physical means of treatment such as joint manipulation/mobilisation techniques, electrotherapy and exercises. If you wish to consult a physiotherapist you can go directly to your local chartered physiotherapist or ask your GP to refer you. Chartered physiotherapists work in hospitals and in the community where treatment is covered under the public health service. They also work in private practice and can be contacted through the professional body or through the yellow pages.

## medical insurance

Fees for physiotherapy in private practice qualify for refund under most health insurance schemes including VHI and BUPA.



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# PHYSIOTHERAPY

CHARTERED  
PHYSIOTHERAPY  
**YOU'RE IN  
SAFE HANDS**



IRISH SOCIETY OF CHARTERED  
PHYSIOTHERAPISTS  
PROFESSIONAL BODY



# AND SPORTS INJURIES

Sport is a vital part of the Irish lifestyle. It provides exercise, social contact relaxation, competition and promotes good health. It may also cause injuries, many of which can be prevented. **Most sports injuries can be effectively treated by your chartered physiotherapist,** enabling you to return to your sport as soon as possible

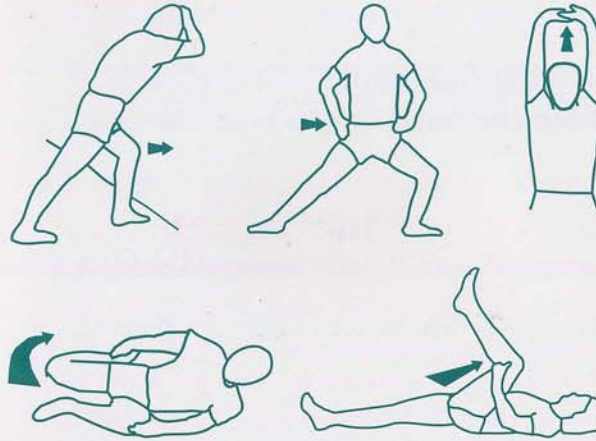
## common injuries

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



**Young or old whatever the sport anything that can help you return to an active lifestyle must be a bonus**

## stretching exercises



why?

- To reduce the risk of muscle injury
- It prevents post-exercise stiffness
- It restores full flexibility after injury
- It improves performance in your sport
- Specific conditioning for a particular sport
- Good general and aerobic fitness

when?

- Develop a daily 10 minute stretching routine
- Before and after exercise
- Do a 5 minute warm up then 3 repetitions of each stretch prior to exercise
- Do a 10 minute cool down and stretch when finishing exercise

how?

- Stretch until you feel a tension in the muscle and hold for 10 - 30 seconds
- Repeat 3 times each side
- Do not stretch into pain
- Do not jerk or bounce

## 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

## 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, not only will the injury need to be completely healed, but it is essential to regain strength, mobility, balance and coordination.

## physiotherapy can help

**Chartered physiotherapists are highly qualified and trained in the assessment and treatment of soft tissue injuries. They see a large number of sports injuries. With a comprehensive knowledge of biomechanics, tissue pathology and healing, experienced chartered physiotherapists are appointed to many sports teams to programme the fitness of the team and to monitor the rehabilitation of injured players.**