

QUALITY OF LIFE PHYSIOTHERAPY UPDATE



(08) 9345 0842

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- Injury Prevention

Injury Prevention

Don't start 2016 with an injury. Most physical injuries can be prevented by identifying their causes and removing these, or by reducing people's exposure to them.



Pre-season health and wellness evaluation.

Even before preseason starts for any sport, perhaps have a QOL physiotherapist address any niggling issues you may have. Whether it is a pre-existing condition or prevention of future injury.

The importance of a good warm up

Reducing the risk of injury maybe be as simple as completing a thorough **warm up**. It usually consists of 15-30 minutes of activity that involves actions/movements involved in the sporting activity. Be aware that in cold weather you may need to warm up for longer.

Benefits

- Increase blood flow and oxygenation
- Improve muscle elasticity
- Improve joint mobility and range
- Psychological preparation



Progression of a warm up should include a gradual increase in intensity involving speed, distance frequency and power. It should involve movements or activities required during the sport. Dynamic stretching is usually completed after the muscles have warmed up and to prepare the muscles for the forces involved in the sport.

The warm up should include

- General aerobic activity such as jogging
- Sport specific drills and exercises such tackling, ball skills
- Flexibility exercises and dynamic stretching to move muscle groups through full range of movement required for the activity



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Services Offered:

- Physiotherapy
- Back and neck care
- Sports injury management
- Orthopaedic rehabilitation
- Exercise rehabilitation
- Acupuncture
- Ergonomic assessments
- Manual handling training
- Pilates mat classes
- Living Longer Living Stronger
- Massage

Warm up example for football



1. Light jogging/running
2. Run throughs: forward, backwards, sideways, with increasing intensity
3. Hand ball skills
4. Dynamic stretching: Heel kicks, high knee, crossovers, walking lunges, leg swings. Maintain good control without ballistic action.
5. Kicking drills
6. Game related activities
7. Individual time for players who need additional focus on certain areas.

What goes up must come down

After a period of intense activity a **cool down** period of 15-30 minutes is also recommended. A cool down aims to slow down your heart rate and body temperature gradually, maintain blood circulation for continued oxygenation and removal of metabolic waste of muscle groups involved in sporting activity. Cool downs are of low intensity and usually involve stretching to lengthen muscles and maintain full range of motion.

Maintain hydration

Replacing fluids after intense bout of exercise is important for general health and reducing the risk of muscular cramps. If you are dehydrated you may not be able to maintain your body temperature correctly and risk overheating while exercising.

Dehydration may affect your performance as your blood volume is reduced and which can affect blood circulation and oxygenation of muscles. Remember drinking alcohol and caffeinated drinks can lead to increased dehydration. It is also important to note that over hydration can lead to electrolyte imbalance and also impact upon your performance.



Maintain strength and flexibility

During off season is important to maintain a good baseline of strength and flexibility. Lack of fitness or attempting to do too much when your body is no longer conditioned can increase the risk of developing an injury. Progression of exercise should follow the FIT principle; Frequency, Intensity, Time. Only one aspect should be changed over a given period to reduce risk of injury.



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