



SPORTS INJURIES IN AUSTRALIA

AN OVERVIEW



Some of the comments coming from the reports are :-

- One in 17 Australians suffers a sporting injury each year
- Sports injury rates are lower among females
- Injuries to the lower leg are more than twice as frequent as those to the upper body
- An injury sustained in the previous season increases the risk of injury a further 45%
- It is estimated that up to 50% of sports injuries are preventable

Sports injuries can cause a lot of angst and can affect one's ability to enjoy life fully. Physiotherapists are experts in assessing and treating sports injuries and can help get you back on the track as quickly as possible.

The report can be found at:- www.smartplay.com.au

QUOTE

"In order to change we must be sick and tired of being sick and tired"

Dear Patient,

Welcome to our newsletter and thanks for coming to see us for your physio needs.

Your ongoing health is very important to all of us here at the centre. We hope that this newsletter will help keep you up to date with information about physio-related health matters that may be of interest to you and people you know. We hope you enjoy it!

If you have any queries, please call us. If you, or someone you know, have a physio related problem, please call us. We would be more than happy to help you out in any way we can.

Please feel free to pass this newsletter on to your family and friends.

With kind regards

The Therapists and Staff at

**TEMPLESTOWE
PHYSIOTHERAPY CLINIC**

PHYSIOTHERAPISTS

The physiotherapists working at this clinic are:-

John Buchanan

B.App. Sci. (Physio)

- Spinal Conditions, Sports, Headaches.

QUALITY ENDORSED
PHYSIOTHERAPY
SERVICE

AJA

Sports Medicine Australia recently published a report on sporting injuries in Australia. It is estimated that every year nearly one million Australians are injured playing sport or undertaking recreation activity. To those involved in sport, the information in this report offers very interesting reading. Here are some highlights of points contained in the report:-



The 5 most popular sports and activities for those aged over 15 years:-

- ❖ Walking
- ❖ Aerobics
- ❖ Swimming
- ❖ Cycling
- ❖ Golf

For those 5-14 years of age, the most common sports and activities are:-

- ❖ Swimming
- ❖ Soccer
- ❖ Netball
- ❖ Aussie rules football
- ❖ Tennis

The 5 most commonly injured body parts are:-

- ❖ The hand and fingers
- ❖ Ankle
- ❖ Wrists
- ❖ Knees
- ❖ Shoulders

The 5 most injury prone sports are:-

- ❖ Aussie rules football
- ❖ Basketball
- ❖ Soccer
- ❖ Netball
- ❖ Cricket

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**TEMPLESTOWE
PHYSIOTHERAPY CLINIC**1 Hawtin Street
Templestowe 3106

Phone (03) 9846 1111

Fax (03) 9846 5191

HOURS

The practice hours are

MON	8.30am - 7.00pm
TUES	8.30am - 7.00pm
WED	8.30am - 12.00pm
THURS	8.30am - 7.00pm
FRI	8.30am - 5.00pm
SAT	8.30am - 12.00pm

SERVICES AVAILABLE*Some of the services available to you are:-*

Clinical Pilates

Home Visits

Hand Splinting

Real-time Ultrasound Scanning

Podiatrist also in attendance

CONDITIONS TREATED

Spinal Problems

Headaches

Sports Injuries

Osteoarthritic Problems

TMJ

US Scanning for Muscle Rehab

PAYMENT OPTIONS*HICAPS + Electronic Payment available.***Dear
Physio****Q. I have sciatica running down my leg and I have been told that I need to have an injection into my back. Why?**

Epidural steroid injections are often performed to help reduce inflammation around a spinal nerve or disc. They may help a little or a lot depending on if they are applied to the area causing your symptoms. Often a local anaesthetic is mixed into the injection and good pain relief helps your doctor to identify where your symptoms are coming from. Sometimes people get long term relief after these injections, however, you need to understand that it is not a cure. You still should be having physiotherapy and carrying out your rehabilitation exercises.

**Q. My child plays a lot of sport and has been experiencing knee pain. What can be done?**

If a serious cause has been ruled out (e.g. infection), it is likely that knee problems in children is due to a combination of growth and overuse. Biomechanical problems such as tight tissue, weak muscles and poor foot posture can contribute. Your child should definitely see a physiotherapist.

**Q. I need to get fit. Can a physio help?**

Physiotherapists can definitely help you get fit by prescribing an appropriate exercise program which you can either do under supervision or under your own steam.

**Q. I have had a knee replacement. When should I start physio?**

You will often start physio in hospital as soon as you wake up from the anaesthetic. Seeing your local physio soon after your leave hospital is very important so that you recover as quickly as possible.

**Q. I experience chest pain. My doctors says my heart and lungs are fine and I should have physio. Why?**

Your spine can cause chest pain. If a more serious cause has been ruled out by your doctors a trial of physiotherapy can help spine related chest pain.

**Q. My elderly mother broke her wrist and is in plaster. Should she have physio?**

In most instances, one should have physio after a wrist fracture. This will help regain movement, strength and function.



Treatment may be as simple as showing your mother some exercises to do at home but sometimes it takes a lot of work to get the wrist working properly again and she will need several visits.

Q. I went to my physio and he recommended Acupuncture for my problem. I didn't know physios did acupuncture. Is that common?

Many physiotherapists are embracing acupuncture to try to enhance patient recovery. The



Australian Physiotherapy Association now runs courses for physiotherapists to obtain skills in this area. Acupuncture can be a valuable tool. If your physiotherapist doesn't perform acupuncture themselves but thinks it may be worthwhile, he or she may be able to refer you to a colleague who does.

Q. Do ankle injuries cause arthritis?

Ankle injuries account for approximately 25% of the injuries that occur in running and jumping sports. Of these, 20-40% of patients with these injuries experience chronic ankle instability. 70-80% of these patients develop post-traumatic ankle arthritis. Arthritis can develop a long time after injury. In one study, it occurred on average 21 years after injury. Intensive rehabilitation after an ankle injury is very important to lessen the likelihood of this happening.

**Are you due to have
orthopaedic surgery?**

After most knee, shoulder, hip, back and other joint surgery you should be having physiotherapy to enhance your recovery. Ask

your surgeon when you should commence this (usually as soon as possible). You can also request that you have your physiotherapy carried out at this clinic.

**Referring others to our clinic**

If you know someone with any of the problems outlined in this newsletter, please let him or her know about our clinic. We are very grateful for any referrals we receive and we will endeavour to provide patients referred to us with the highest quality of care. Physiotherapy offers a safe, gentle and effective treatment approach for a variety of conditions.



The information in this newsletter is for general patient interest. If you have a problem you should get it properly assessed by your physiotherapist or family doctor.