

## No more old school

### What is a sports Therapist

**Sports Therapy is an aspect of healthcare that is specifically concerned with the prevention of injury and the rehabilitation of the patient back to optimum level of functional, occupational and sports specific fitness, regardless of age and ability.**

### Warming up! What for?

A warm-up is to prepare the body for the forthcoming activity. It loosens the joints and muscles and increases focus. Warm-ups are always done before your activity; make this dynamic and specific to what you are going to do. There should be no standing stretching as there is never a time in a game when you sit on your bum and touch your toes so they are irrelevant at this point. Stretching lengthens the muscles making them slow to react to sudden contractions required when performing. The best warm up exercises are drills like fast high knees for sprinters, arm swings with a racket to prepare the body for serving in tennis, bowling in cricket without the ball to warm up the shoulder. Why go for a 2 lap jog to warm up when you're a sprinter? Include short fast explosive drills as well. Why go for a run in a straight line when you're a tennis player, you should be changing directions, get someone to blow a whistle so you have to react like you would if you were on court. Make it fun and include some co-ordination drills an example for jumps, hop scotch while doing forward arms swings. The warm-up is a good place to put many aspects of training that get missed due to lack of time like balance, reaction and co-ordination, games like north east south west are good, give numbers to different activities that relate to your sport. Although stretching is not in a warm-up it is still important this will be discussed next month

### When to seek help

If you feel an injury for longer than 3 days however minor you should book into see an injury therapist. The longer you put it off the longer the injury will take to recover and the more it will affect other areas.

### SHIN PAIN

Feeling pain on the inside or outside of the shin, most will call these shin splints. It occurs through overuse of the muscles, and most commonly happens when changing running surfaces, trainers or upping training levels. A nice pain relief is rubbing an ice cube on the effected area. You can also implement some exercises into your warm up or strength programme. 1) Walking with heels raised 2) Walking with toes raised. They can be progressed to turning the foot in or outwards or adding a little skip. Taping can also be used; starting from the none affected side and pulling it tightly round the calf to the affected side of the shin.

### Ice or Heat?

To keep this simple If you feel a niggle or a big injury ice is always used in the first 48-72 hours of occurrence. This slows down the breaking down of tissue caused by trauma and also helps decrease the pain and swelling. You usually apply ice for 20 minutes every two hours. After a few days if you still have pain and limited function however small seek help from an injury specialist. Once the injury has passed its 3rd day you can change to heat treatment if swelling has gone down. It is usually applied for 30 minutes at a time. Ice and heat can be dangerous make sure you follow all guidelines given in my articles.

You can use ice and heat as an aid to training. Use heat before exercise as well as completing a full warm-up. After you can use ice treatment, this can help to decrease any minor injuries.

If unsure on what to use always ask an injury specialist.

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Questions or comments? E-mail us at Jenna@proamsportsinjury.co.uk or call 01723 363332