

Welcome to the first newsletter from Pro-Am Sports Injury Clinic.

Business is going great so thanks to all who have used my services.

What to expect

When dealing with injuries I like to give advice that can help the client understand the injury and treatment, thus allowing the client to help improve self awareness and learn to monitor their own condition and adjust their sport/work accordingly or seek help efficiently. My main emphasis after dealing with the injury is prevention. This involves specific rehab for the injury and other strategies related to work or sport which may help to decrease injury in the future. For those who are injury free implementing preventative measures is just as vital .

Don't forget you can register your sports club or business with Pro-Am and receive 10% discount for your members.

Look out for new workshops available at Pro-Am. Workshops will open on November 1st

Quote of the month

"Some people say I have attitude - maybe I do...but I think you have to. You have to believe in yourself when no one else does - that makes you a winner right there." - Venus Williams

Injury Prevention

Most injuries that occur could have been prevented. In this section a variety of injury prevention strategies will be discussed, from footwear to sports conditioning. Most of which you can implement easily in to your training programme. Its remembering that there are many aspects of fitness to any one sport. For runners to improve performance its not just about putting the miles in each week. Look out for tips on prevention in the work place

Your Thoughts

If you have any ideas or questions you want answering then just email me and the topic will be posted on the next newsletter.

Injuries - Recovery From

When injury occurs it can be a frustrating time for any athlete or worker. In this section you can expect information about certain injuries, causes, symptoms, treatments and rehabilitation. The next issue will discuss when to use ice or heat as many get confused in this area.

All the topics discussed are for information purposes only. If you have an injury or want to start to implement injury prevention strategies then you should speak to an injury specialist. This is to ensure the injury is treated correctly and efficiently and that any exercises are performed technically correct. This is to help prevent future injury.

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