



# Proactive Physio

## Sports Injury

Sports injuries are caused by participation in a sporting event. In many cases, these types of injuries can affect any part of the body. Sport injuries is a broad term used to classify a number of conditions.

These injuries result from acute trauma or repetitive stress associated with athletic activities and can affect bones or soft tissue (e.g. ligaments, muscles, tendons).

It is also important to remember that some of the injuries that affect athletes may also occur in other people; for example, many people in the building trade often develop lower back pain or tennis elbow. The principles of sports medicine can be applied in the treatment of most common musculoskeletal injuries.

- Shoulder dislocation
- Tennis or Golfers elbow
- Achilles tendonitis
- Ligament sprains or tears
- Cartilage injuries
- Tenosynovitis
- Talar dome defects

As a result of the injury it is possible that you could experience pain, loss of movement, weakness and the inability to perform your desired sport or activity.

At Proactive Physio we can provide assessment and treatment for your particular injury. We would initially examine you to diagnose the problem, following this you will be given advice regarding what could potentially cause the problem to get worse, this will be followed by treatment aimed at improving your condition and a gradual return to your sport.

For further information or to book an appointment :

*w* [www.proactivephysio.co.uk](http://www.proactivephysio.co.uk)

*t* 07969783659

*e* [info@proactivephysio.co.uk](mailto:info@proactivephysio.co.uk)