Osteopathy and Sports Injuries

Give Yourself a Sporting Chance with Osteopathy

Whether you are an elite athlete or you run around the park once in a while for general fitness, your osteopath can help prevent and treat many sporting injuries. Commonly treated injuries include: knee, leg and ankle injuries; hip and pelvic injuries; shoulder, elbow and wrist injuries; neck and back strains.

Reduces joint or muscle flexibility will affect your performance and may result in injury. If you do become injured, your osteopath is highly trained to facilitate a return to optimal function and prevent compensatory strains from occurring. This will minimise re-injury and allow a quicker return to physical activity.

Did You Know?

- Hamstring and groin injuries invariably involve low back or pelvic restriction and imbalances
- Knee pain is often related to poor foot and ankle mechanics, thigh muscle tension and hip dysfunction
- Shoulder injuries can be caused by tension in the ribs, neck, shoulder blade and upper back
- Shin splints involve poor mechanics of both leg bones
- Joint injections and pain killers may only mask the problem. Unless you deal directly with the cause of your problem, further injury and joint degeneration can result.

Osteopathic Consultations

Osteopaths focus on how the skeleton, joints, muscles, nerves, circulation, connective tissue and internal organs function as a holistic unit. Osteopathic treatment involves safe, gentle and effective manual techniques, including soft tissue stretching, mobilisation, inhibition and
manipulation. These techniques assist in improving elasticity, strength, endurance, mobility and performance. An osteopath may provide the strategies, exercises and routines to help you avoid further injury and stay healthy and active.

The osteopathic approach to healthcare provides therapeutic management and rehabilitation to address specific injury, trauma and/or disease, as well as preventative care to enhance health and wellbeing. Osteopaths support the use of pharmaceutical interventions where clinically indicated.

Before treating the injury the osteopath will perform a comprehensive physical examination and refer you to other health care professionals if necessary.

**What to Do When You Suffer an Injury**

If you do get injured, remain calm and apply basic first aid. Seek proper clinical assessment, including osteopathic assessment, as soon as you can.

**To Prevent Further Injuries**

To avoid further injuries whilst playing sport, make sure you warm up and warm down with stretches. You should also drink plenty of water to keep your tissues more hydrated. If you do get injured again, remain calm and seek proper medical assessment, including osteopathic assessment, as soon as you can.

**Find Your Local Osteopath**

To find your local osteopath and learn more about osteopathy visit the Osteopathy Australia website at [www.osteopathy.org.au](http://www.osteopathy.org.au). You can easily find nearby osteopaths by location and get their phone number, address and website details within seconds.

**About Osteopathy in Australia**

In Australia osteopaths are government registered practitioners. Osteopathy is regulated under the Australian Health Practitioner Regulation Agency. Osteopathy is covered by most private health funds. Medicare rebates for osteopaths are available for patients with chronic conditions and complex care needs on referral from a GP. Osteopaths are registered providers for workers’ compensation schemes, motor accident insurers and the Department of Veterans’ Affairs.