EBR Physio

Physio In Practice

Sports physiotherapy management of ankle injuries

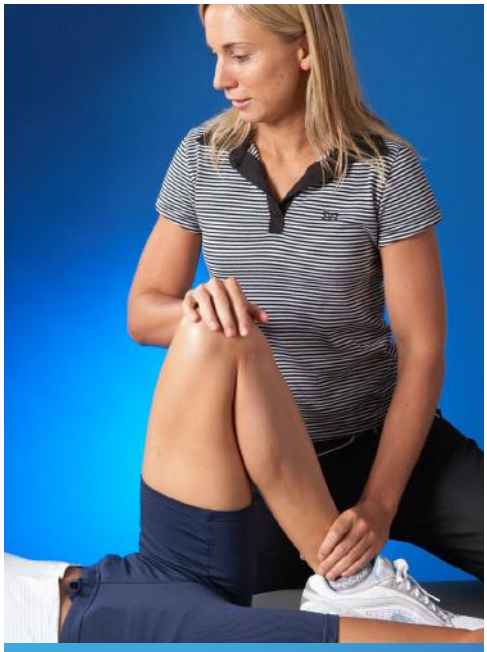
Injuries to the ankle (predominantly sprains) are especially prevalent in weight-bearing sports and activities, accounting for 10-30 per cent of all sports injuries. Even uncomplicated ankle sprain can have residual problems including pain, tenderness, swelling, mechanical and functional instability, and risk of recurring injury.

The APA sports physiotherapist in our practice treat a variety of athletes and can help your patients with ankle injuries to regain strength, mobility, balance and coordination.

Physiotherapists carry out research-based clinical tests to reliably identify which part of the ankle has sustained injury (ligament, joint etc) and assess impairment, to ensure treatment is specific.

Once diagnosed, evidence shows that early functional mobilisation (rather than immobilisation) – complemented by medical treatment such as oral and topical non-steroidal medication, prove very effective for acute injuries. Ice, low-level laser and passive joint mobilisation are also beneficial – adequate cooling (ice) following ankle sprain has been found to reduce pain spasm and neural inhibition, allowing for earlier introduction of more advanced exercises.

Evidence also supports the prescription of a supervised functional rehabilitation program for greater reduction of swelling, faster return to sport and work, and to prevent recuring injury.



An APA Sports Physiotherapist is a highly qualified professional with expert knowledge and skills in the prevention, diagnosis and treatment of sports injuries. They are highly skilled to review an individual's sporting technique and pinpoint unnecessary and asymmetrical forces acting on the body that might increase the risk of future injury.

With expertise in the management of sports injuries, we can get your patients with ankle injuries moving well again, and help them achieve and maintain their best performance.

Of more than five million sports injuries in Australia every year, many are ankle injuries. Evidence shows that physiotherapy plays a critical role in the management of acute injury and the restoration of full function to the ankle.

AUSTRALIAN PHYSIOTHERAPY ASSOCIATION
Member

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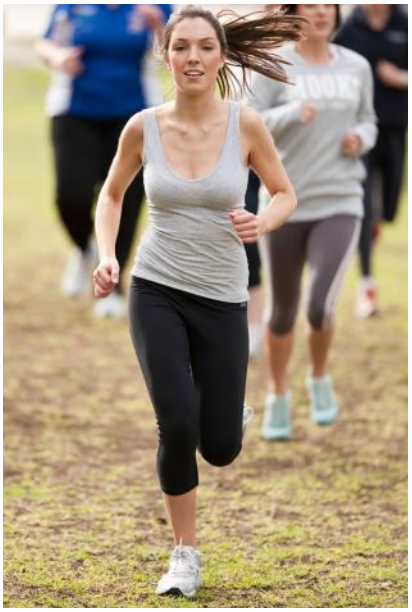
Physio In Practice

Physiotherapy reduces patellofemoral pain

Patellofemoral pain is a common musculoskeletal complaint, affecting between 10-20 per cent of the general population. It is the single most common diagnosis in sports medicine and sports physiotherapy practices. If left untreated, symptoms often get progressively worse. Early diagnosis and treatment may result in a quicker recovery, and less pain.

A systematic review of randomised control trials to determine the most effective treatment provides high-level evidence supporting the role of physiotherapy as the mainstay of treatment for patellofemoral pain.



Physiotherapy interventions attempt to restore the biomechanics of the patellofemoral joint by strengthening the quadriceps – specifically the vastus medialis obliquus – and the hips. Studies support the inclusion of quadriceps exercise, which can reduce knee pain and may improve activity.

Therapeutic exercise and strengthening treatment are frequently combined with procedures to adjust the patella (tape, brace, mobilisation and stretching), and with patients modifying their activity. Combining an exercise component (including vasti retraining and hip muscle training) with patella adjustment procedures is recommended as the most effective approach, which has gained widespread acceptance in Australia and increasingly internationally.

Recent research confirms the benefits of physiotherapy in the management of patellofemoral pain syndrome, with interventions to reduce pain and improve physical function.

The physiotherapists in our practice integrate clinical expertise with evidence-based research, in the assessment and management of movement disorders.

Physiotherapy reduces patellofemoral painLet our highly skilled professionals help your patients with patellofemoral pain, with techniques to control pain, increase flexibility and mobility, and improve muscle strength.

To enhance recovery and help prevent further injuries, we can advise your patients and design a tailored exercise program to improve the strength of the knee and leg muscles, and maintain good general fitness.

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