

MEDICLINIC *perform*

## CROSSFIT CLINIC

- The most common injuries that occur during Crossfit are traumatic and overuse injuries of the shoulder, elbow and wrist, overuse injuries of the hip and knee and both structural and muscular injuries of the spine
- Guidance from a physiotherapist that understands the training loads of Crossfit athletes and technical aspects involved in the individual disciplines (including lifting, gymnastics, running, rowing and cycling) is integral in optimising your rehabilitation following injury, and performance
- Our physiotherapists can work with you to assess and treat the common causes of injury in Crossfit athletes and formulate a specialised and comprehensive treatment plan individual to your injury and treatment needs
- Common techniques our specialist physiotherapists utilise are:
  - Working in conjunction with your coaches to optimise your programming and load management to allow ongoing training around your injury if possible
  - Guiding overall recovery strategies
  - Technical analysis of your lifts, running, rowing and cycling
  - Tailored corrective exercises to address mobility, strength and proprioceptive deficits
  - Local tissue treatment i.e manual therapy and taping
- If you have an acute injury, ongoing niggles or pain effecting your training or purely want to optimise your training performance and recovery then contact our expert team of physiotherapists at Mediclinic Parkview Hospital and Mediclinic Meadows

800 1999

