

MEDICLINIC *perform* **SPORTS THERAPY**

Physical injury is the focus for a sports therapist. They specialise in rehabilitation of all types of sports related injuries.

The term sports injury refers to the kinds of injuries that most commonly occur during sports or exercise. Some sports injuries result from accidents; others are due to poor training practices, improper equipment, lack of conditioning, or insufficient warm-up and stretching.

Although virtually any part of your body can be injured during sports or exercise, the term is usually reserved for injuries involving the musculoskeletal system, including the muscles, bones, and associated tissues such as cartilage e.g. tennis elbow, runner's knee, breaks to bones, torn ligaments and torn tendons.

Sports therapists are skilled in the prevention, assessment, treatment, and rehabilitation of musculoskeletal injuries related to physical activity, they work alongside sports physicians, physiotherapists and the wider multidisciplinary team to ensure that patients are treated holistically in order to maximize their outcomes.

We believe that prevention is better than cure, which is why we always strive to identify injuries and potential injuries early on, allowing us to incorporate preventative measures to avoid more serious or even permanent injuries.

Treatment and rehabilitation will vary from patient to patient, as we always take into account the unique requirements of each person we see.

Sports therapy treatment and rehabilitation programmes are tailored to the specific injury and physical condition of the client and assist in return to sport/play.



Services:

- Sports injury rehabilitation
- Strength and conditioning
- Exercise based rehabilitation
- Strength and power profiling for athletes
- Rehabilitation and training programme design
- Performance testing

Strength and conditioning

We develop effective strength and conditioning programmes for individuals of all fitness levels and competencies, tailoring our approach to the needs of each client. Programmes are delivered through one-on-one coaching sessions with our certified specialist, who will first establish your requirements and physical condition before implementing an appropriate strength and conditioning programme.

Our patients include athletes from a broad range of sports, including football, athletics, rugby, tennis, Gaelic football, boxing, swimming etc.

We work with recreational exercisers up to full-time athletes, implementing effective strategies to improve overall strength and condition and reduce the risk of injury. We work to ensure our clients leave our clinic equipped with the tools they need to guarantee sustained improvements in their strength and conditioning.

Injury prevention

Prevention is always better than cure, which is why our sports therapy service offers a comprehensive injury prevention education and programming service, equipping clients with the necessary tools to ensure they avoid injuries which can threaten their careers and inhibit their lifestyles. Whether you're a full-time athlete, a sports hobbyist, construction worker or office worker, knowledge of injury prevention and a sound programme to follow can help to ensure you can continue to enjoy complete freedom of movement.

Injury prevention education and programming is suitable for all types of clients and is tailored to meet the needs of the individual after a comprehensive assessment.

Our sports therapy service includes, but is not exclusive to, the following clients:

- Athletes of all levels and ages, from hobbyists to full timers
- Weight loss patients requiring exercise assistance
- General performance enhancement
- Strength and conditioning
- Businesses which are concerned about employee safety and want to focus on improving the wellbeing of their staff
- Individuals keen to prevent injuries by improving general condition

We always consult with our clients to understand their goals and identify the most likely causes of injury so we can implement a programme that will address all relevant risks. Our services are tailored to meet the needs of all clients in order to achieve agreed goals.