

Welcome to our **Newsletter** ...
Designed to provide you with
current information about
Physiotherapy...

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**The Sports Medicine Centre
For all your Physio Needs...**

- Assessment**
- Diagnosis**
- Treatment**
- Rehabilitation**



this issue

- Sprains & Strains**
- What's The difference?**
- News from The Sports
Medicine Centre...**

**The Sports Medicine
Centre**
a leading Physio Clinic
of excellence in
Canberra.

We tailor specific,
individualises and evidence
based treatment plans that
are specific for your injury.
For an accurate diagnosis
and tailored treatment plan
call **6247 7033** or
6293 3413 and make an
appointment today...

Many of us have injuries that involve a strain or sprain; but do you know the difference between these two types of injuries.

Very simply:

1. A **sprain** involves an injury; a stretch or tear to a ligament - the tough, fibrous tissue that connects bones to bones, or to the cartilage - the flexible connective tissue found between the bones in a joint.
2. A **strain** involves an injury; a stretch or tear to a muscle or tendon - the tissue that connects the muscle to the bone.

Sprains - In More Detail...

Sprains frequently occur when a twisting motion accompanies an outstretched limb, so ankles, knees and wrists are the joints most commonly sprained.

To illustrate, think of your ankle twisting sharply inward or outward as your foot lands on another player when jumping for a ball; or your knee twisting when you're knocked by another player going for the same ball. Both of these incidents are likely to result in an 'overstretch' of the ligament or a tear to the cartilage at the very least!

Symptoms that commonly indicate that a sprain has been sustained include pain, swelling, bruising and a loss of functional movement. Occasionally, you may feel a 'pop' or 'tear' when the injury occurs.

Sprains are commonly 'graded' into three categories to reflect their severity:

- Grade 1 (minor) - No tearing of the ligament or cartilage and no loss of joint function - however you still may feel discomfort due to internal bruising and swelling
- Grade 2 (moderate) - Partial tearing of the ligament or cartilage. This will result in decreased function due to the swelling and bruising and it may be difficult to walk on the painful ankle/knee
 - Grade 3 (severe) - Complete tearing of the ligament and or cartilage. The joint will feel very unstable and you are unable to bear weight on the affected area. This is usually associated with widespread swelling, bruising and severe pain.

A visit to the Physio will help with diagnosis and pain relief. In severe injuries an XRAY may be required to rule out a fracture as the symptoms are similar. Surgery is sometimes required to correct the joint if a complete ligament rupture or tear of the cartilage has occurred.





News from The Sports Medicine Centre....

2014 is shaping up to be a busy year already.

Rebecca has been busy working hard over the summer keeping the WNBL Canberra Capitals together. The Caps season is drawing to a close with their final game Friday the 14 of February at the AIS arena.

Alexia has been busy working with Netball ACT. She is heading to Adelaide in March for the Under 21's National Netball tournament. The U21's are shaping up to be a very strong team this year and we wish them all the best for the upcoming tournament.

Tim has been asked to be the head physiotherapist and coordinate medical staff for the Women's Rugby 7's Tournament which is being held here in Canberra at the AIS.



Seek advice from your Physio ASAP - the research is very conclusive.

Early accurate assessment and prompt appropriate treatment is much better than delay.

Strains - In More Detail...

Just like a rubber band, muscles are made to stretch. But if stretched too far, or if stretched while contracting (i.e. an eccentric contraction), a muscle strain may occur.

Strains are often referred to as "pulled" muscles, with hamstring and calf injuries amongst the most common type of strains in many sports due to the amount of rapid acceleration involved in play.

Like sprains, strains are graded based on their severity:

- Grade 1 (mild) – Minimal damage to muscle fibres – can feel like a bruise to the muscle.
- Grade 2 (moderate) – There is more extensive damage to the muscle fibres but the muscle is not completely ruptured. It is usually painful to walk with obvious swelling and bruising.
- Grade 3 (severe) – There is a complete rupture of the muscle- unable to weight bear with marked swelling and bruising.

Some Tips for Minimising Strains & Sprains in Sport...

Good Preparation

- participate in a fitness programme to develop strength, co-ordination and flexibility
- eat a well balance diet to keep muscles strong
- wear shoes that fit well and are in good condition
- tape or brace knees & ankles if you have previous injuries
- warm up & stretch before competition & training to be ready to play

Good Technique

- incorporate training focusing on enhancing body balance, control on landing, moving forwards & sideways
- screening with a physio to help identify any risk areas that may require extra training emphasis.

"If you suffer a soft tissue injury the best thing to do is apply ice to the affected area for 20 mins repeating every 1-2 hours."

At The Sports Medicine Centre - It's All About You!

Both correct initial management and immediate treatment are vital for ensuring rapid recovery from strains and sprains.

As a specialist musculoskeletal and sports physiotherapy practice, The Sports Medicine Centre Physios will work with you to identify the nature of your injury and to develop a personalised injury solution that will result in optimal recovery time.

If you would like to make an appointment to discuss your condition or have a further enquiry, visit our website www.sportsmedicine.com.au or call (02) 6247 7033 - Turner (02) 6293 3413 - Tuggeranong

