



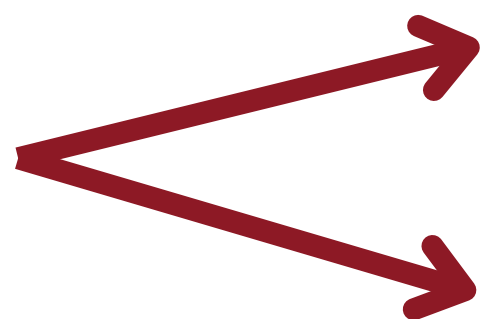
OVERLOAD INJURIES IN SPORT

HAVE YOU BEEN EXPERIENCING PAIN OR DISCOMFORT DURING OR AFTER YOUR TRAINING SESSION?

THINGS TO CONSIDER:

- HOW LONG FOR? SEEKING ADVICE EARLY = QUICKER RECOVERY
- HOW LONG IS THE PAIN LASTING AFTER TRAINING? IS IT STILL A PROBLEM THE NEXT DAY?
- POST-TRAINING SORENESS (WHAT IS OK AND WHAT ISN'T) - GENERAL SORENESS LASTING 48 HOURS IS OK, IF YOU HAVE REGION-SPECIFIC PAIN OR PAIN WORSENING WITH PARTICULAR SKILLS, THIS IS NOT OK

ENSURE



Adequate rest/recovery between training sessions rather than complete rest (e.g. light walking and stretching)

Strength training as an adjunct to skills training for better durability and tolerance for training

WHEN TO INVOLVE A PHYSIO FOR INJURY MANAGEMENT

- YOUR TRAINING IS IMPACTED BY YOUR PAIN
- YOUR PAIN IS LASTING >1-2HRS AFTER A TRAINING SESSION
- YOU WANT TO IMPROVE YOUR PERFORMANCE

YOUR PHYSIO WILL PROVIDE SPECIFIC ASSESSMENT, TREATMENT AND LONG-TERM MANAGEMENT TO GET YOU BACK TRAINING INJURY-FREE AND AT A HIGH PERFORMANCE LEVEL

TIPS & TRICKS

PRE/POST SESSION TRY GENTLE STRETCHING, FOAM ROLLING OR MASSAGE GUN OF THE AFFECTED MUSCLES



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