

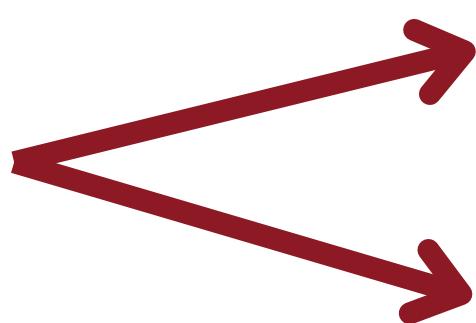
# OVERLOAD INJURIES IN SPORT

**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