

Ballinteer St.Johns Injury Advice Talk

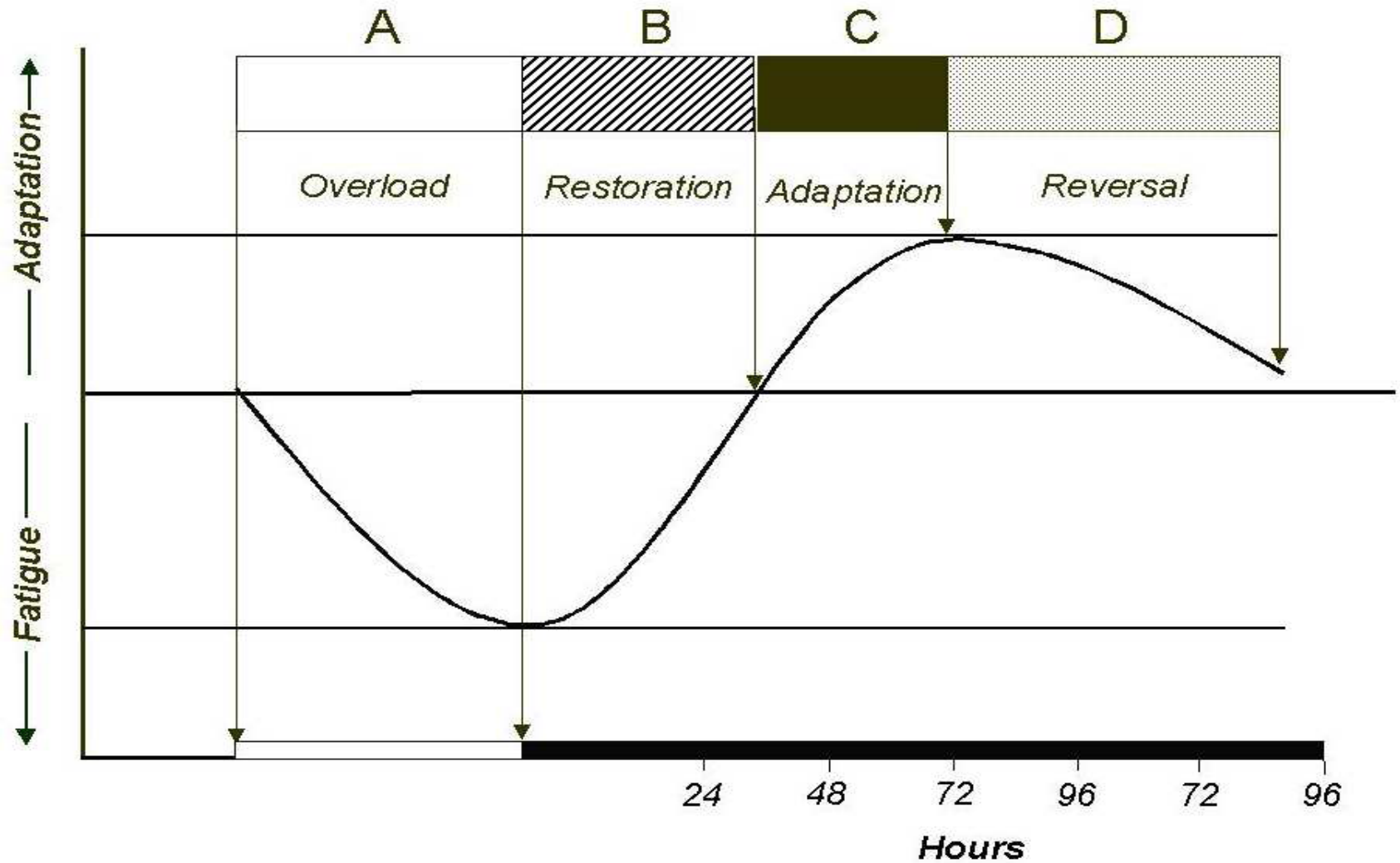
Fiachra Power, ARTC

Athletic Therapist
ExWell Medical

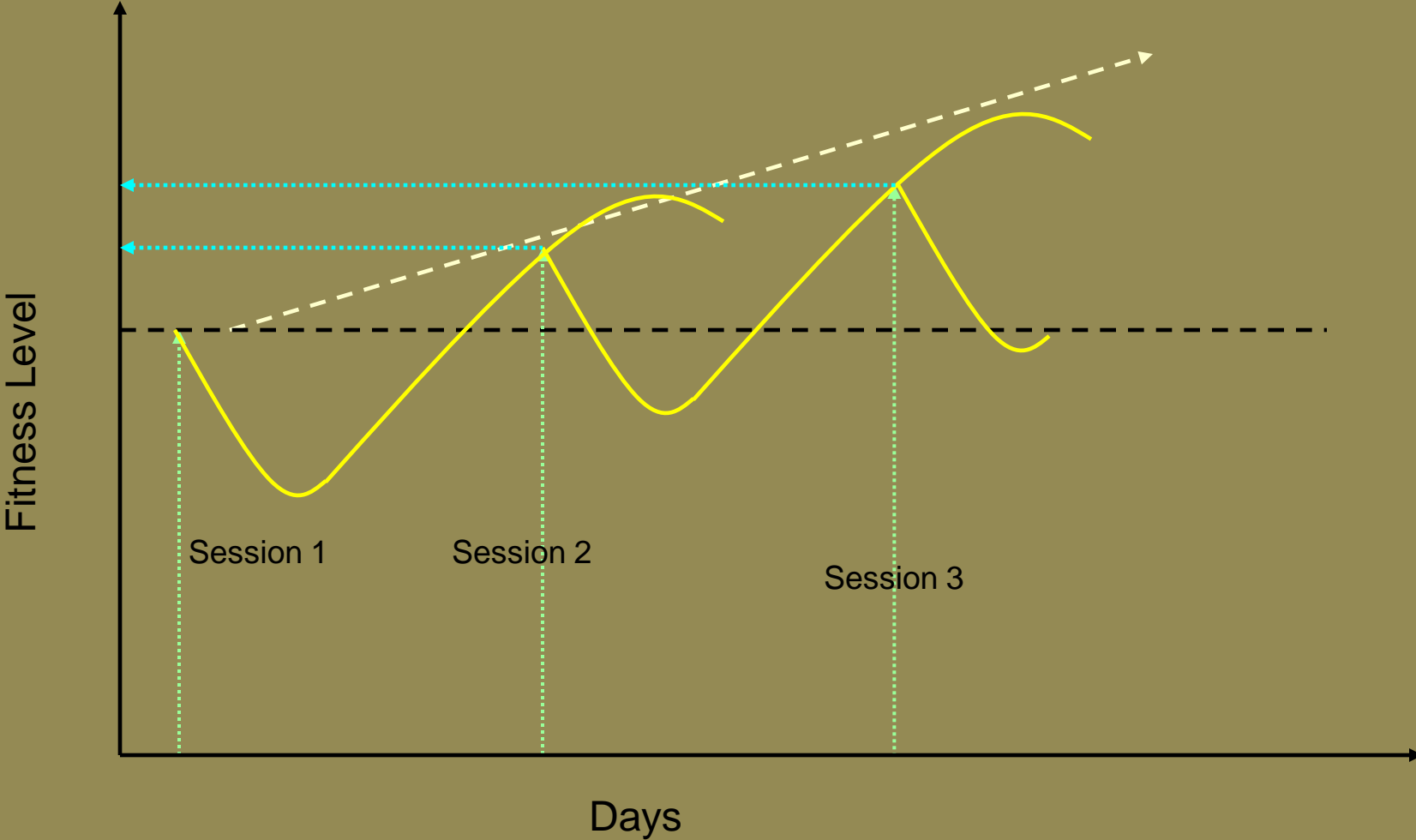
Why do we train.....

- Faster
 - Stronger
 - Fitter
 - More Skillfull
-
- How does it happen?

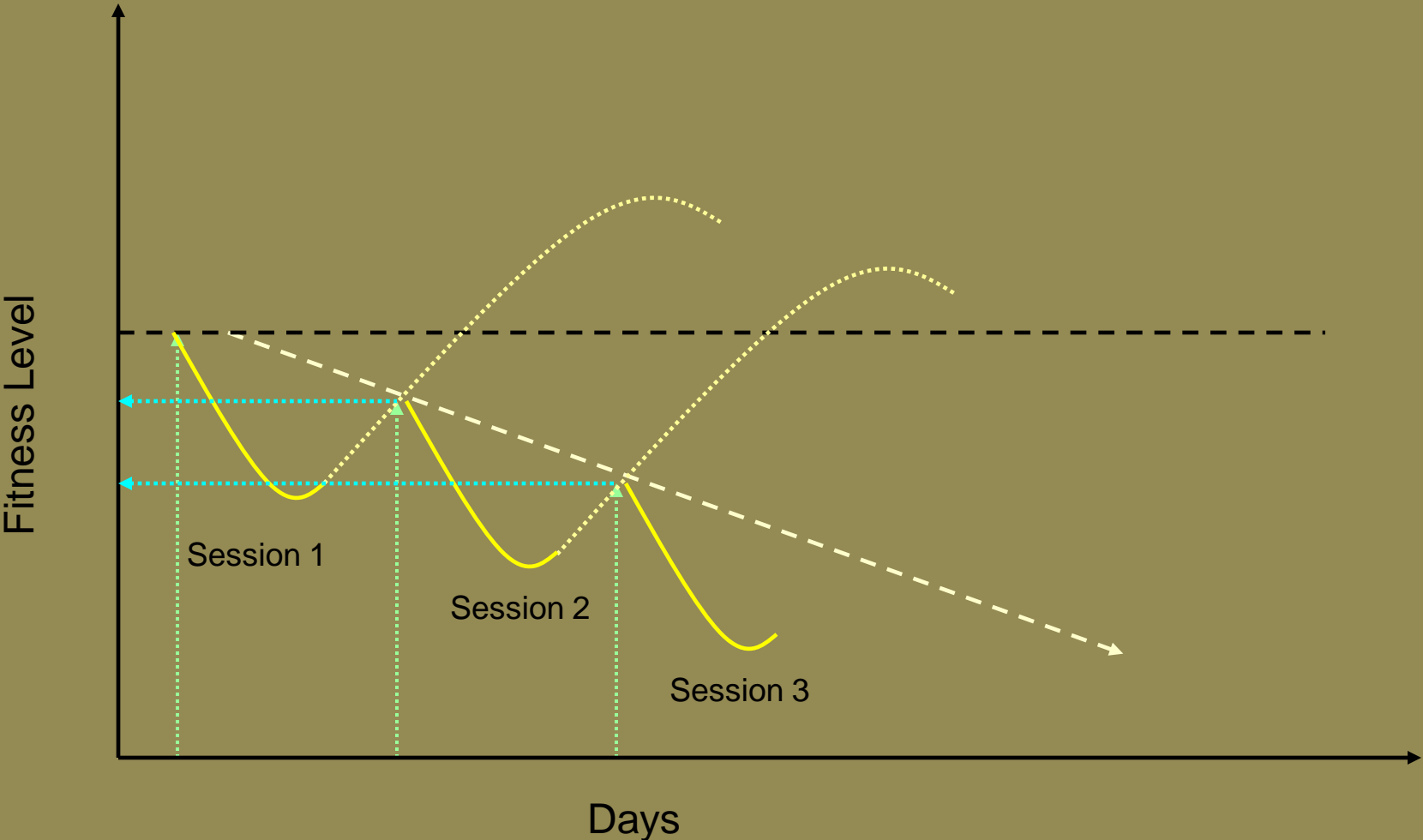
Single bout of exercise



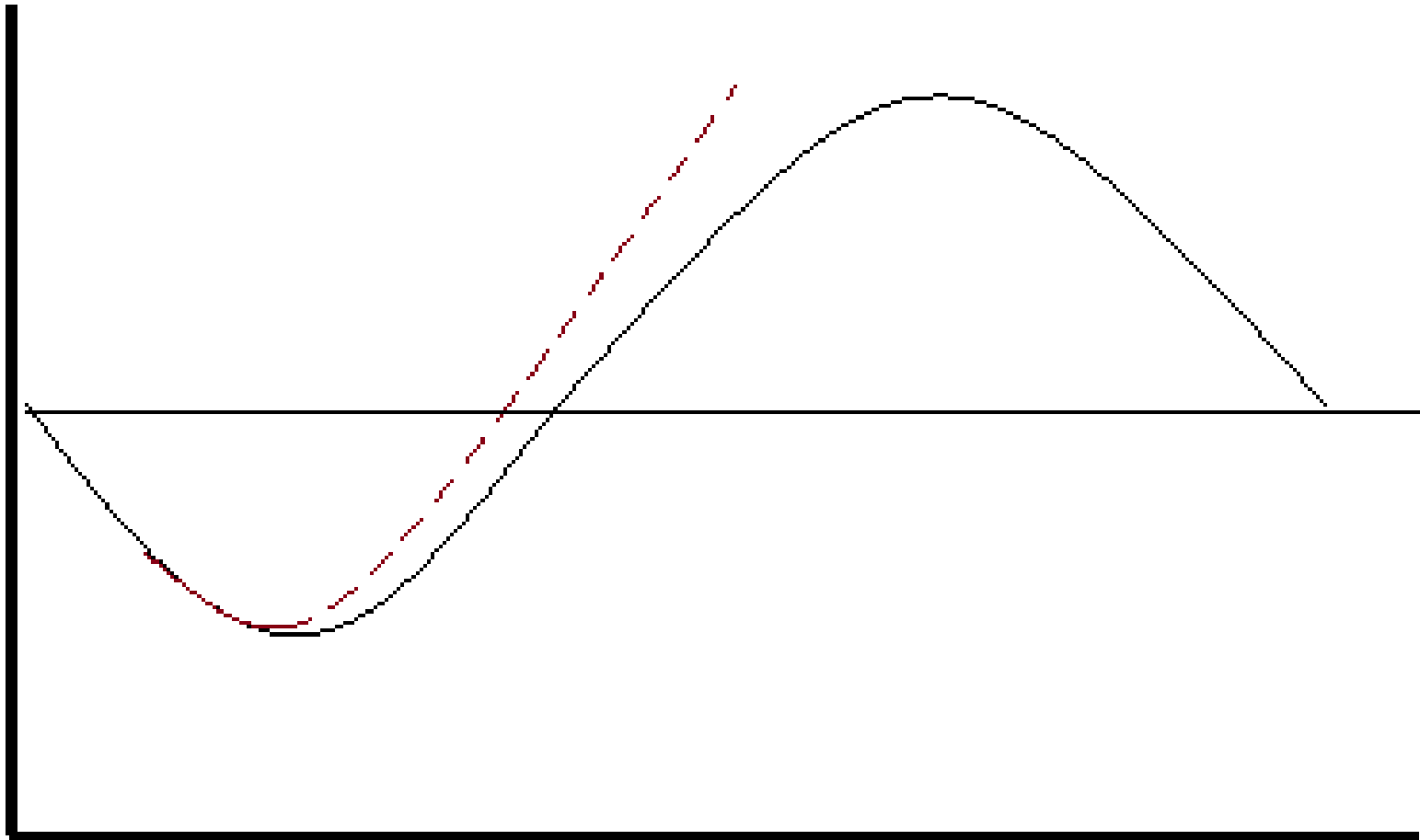
Ideal Training Pattern



Inadequate Recovery



Improved Recovery



What causes Injury?

■ Relative Excessive Force

– Weak Tissue

Or

– High Forces

Types of Injury

- Acute – Sudden onset
- Chronic – Gradual onset
(or prolonged acute injury)
- Muscles, Ligaments, Tendons, Bones
- Strain, Sprain, Tendonopathy, Fracture

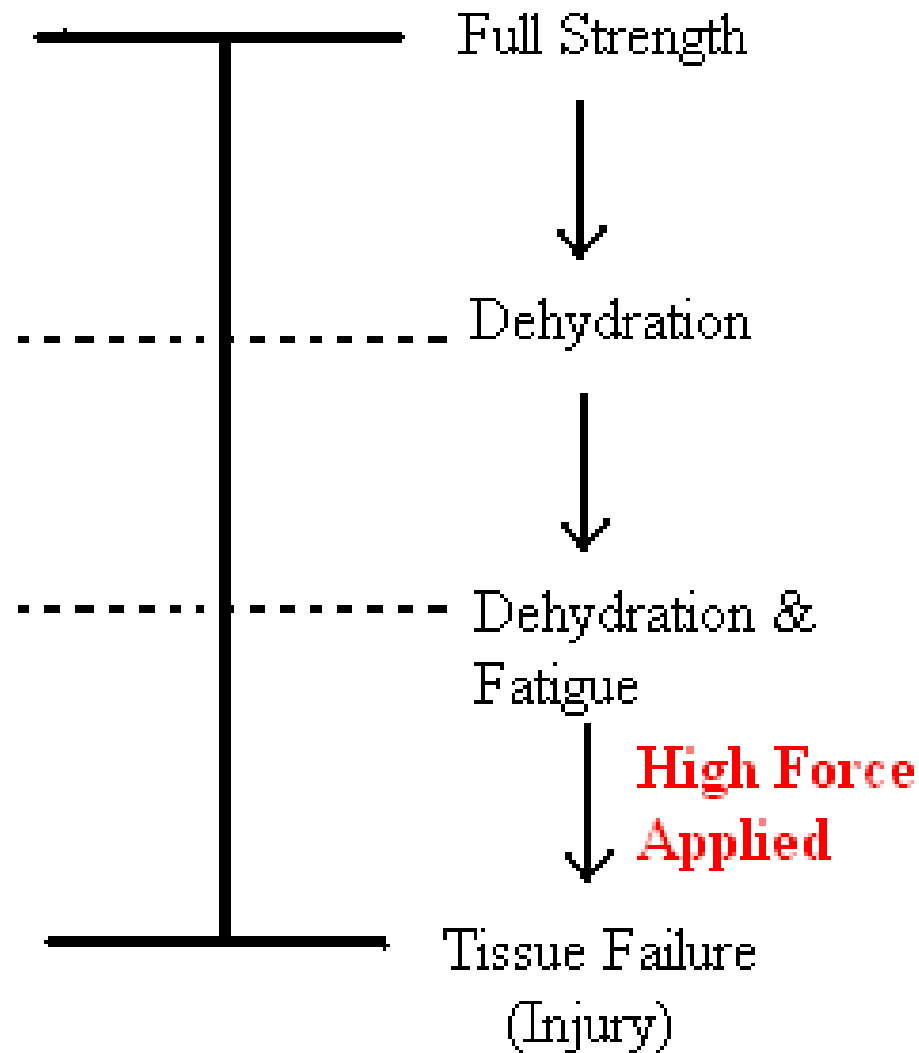
Injury Risk Factors

■ Increase risk of injury

- Gender
- Fitness/Strength
- Muscle Imbalances*
- Fatigue
- Dehydration
- Body Weight/Fat
- Playing Equipment
- Surface
- **Previous Injury!!**



Effects of Risk Factors



What to do?

- Try to change any risk factors you have or avoid getting them.
- Especially important when injured because previous injury is a risk factor in itself.
- Cycling/swimming, Core work, Gym work

Why do fitness work when injured?

- Prevent another injury
- Easier to maintain fitness/strength than to get it back!



Healing Process

- Inflammatory Phase (Days)
- Repair Phase (Weeks)
- Regeneration Phase (Months)

Treatment

- Immediately after Injury: R.I.C.E.
 - Rest
 - Ice
 - Compression
 - Elevation
- Why? - Reduce Inflammatory Phase

Injury Occurrence

Return to play



Injury Occurrence

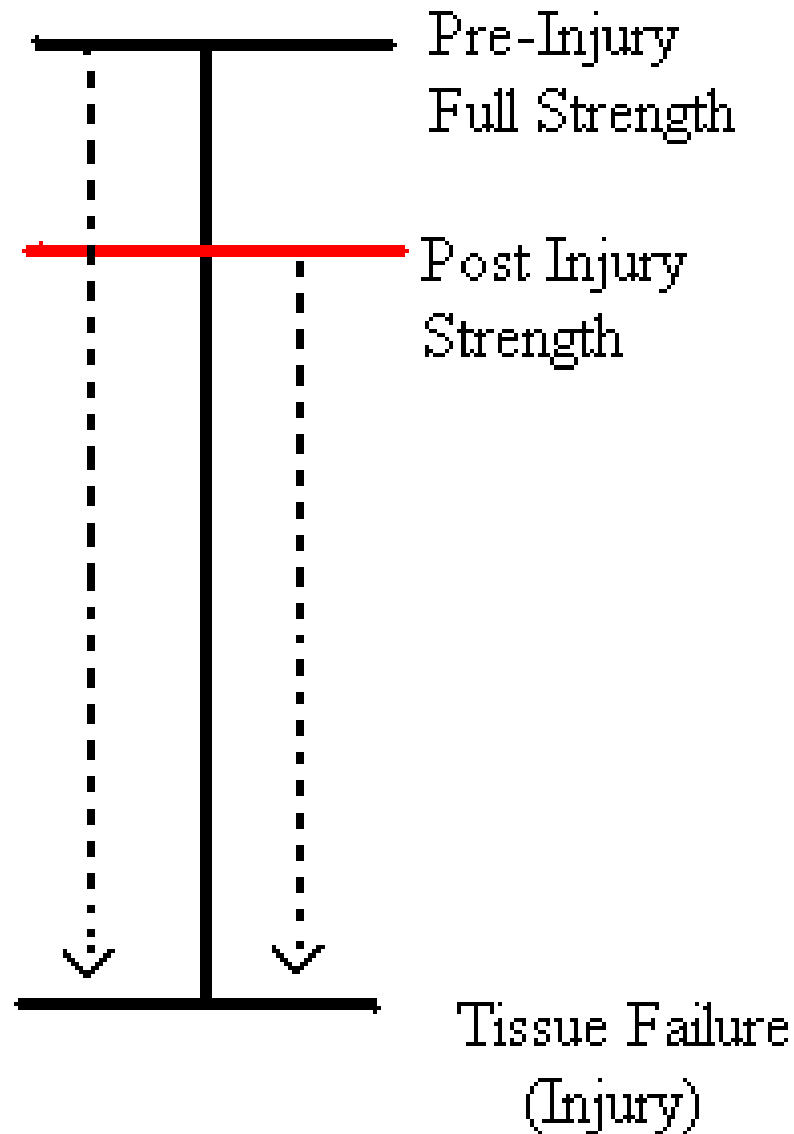
Return to play



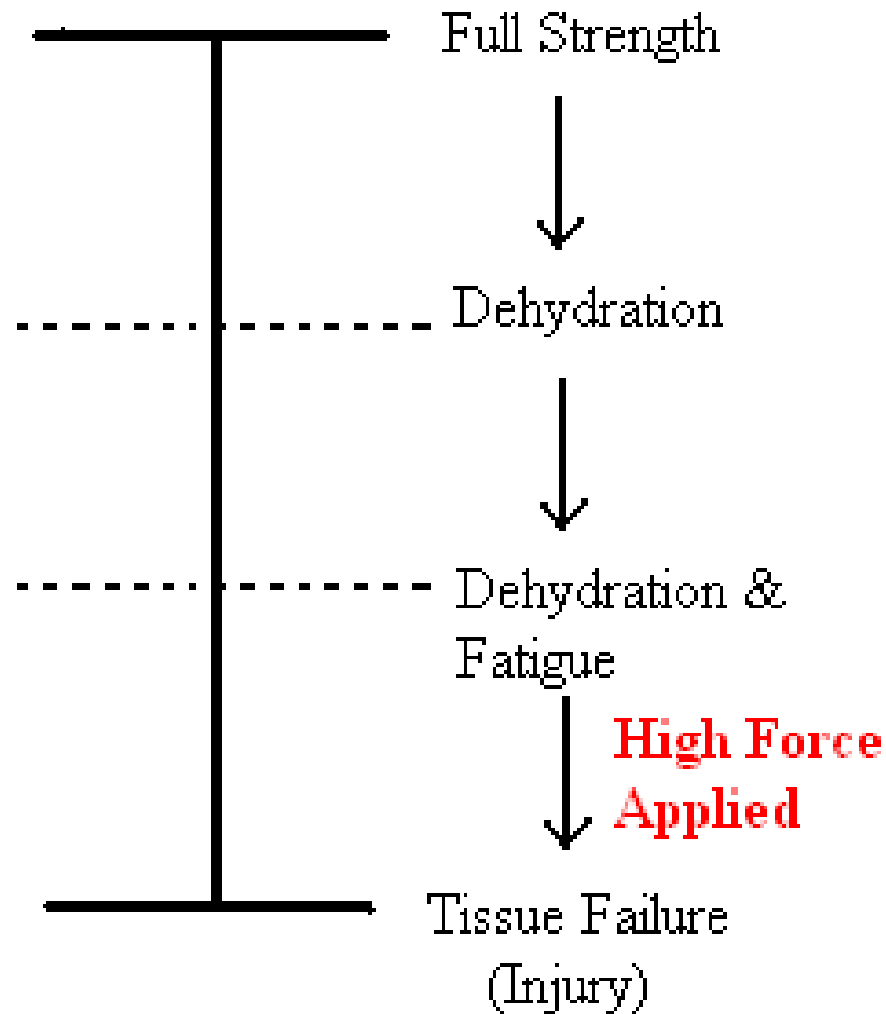
Rehabilitation

- Typically consists of exercises designed to strengthen area of injury
- May also seek to improve factors contributing to injury
- Key to avoiding re-injury!

Effect of Injury



Effects of Risk Factors



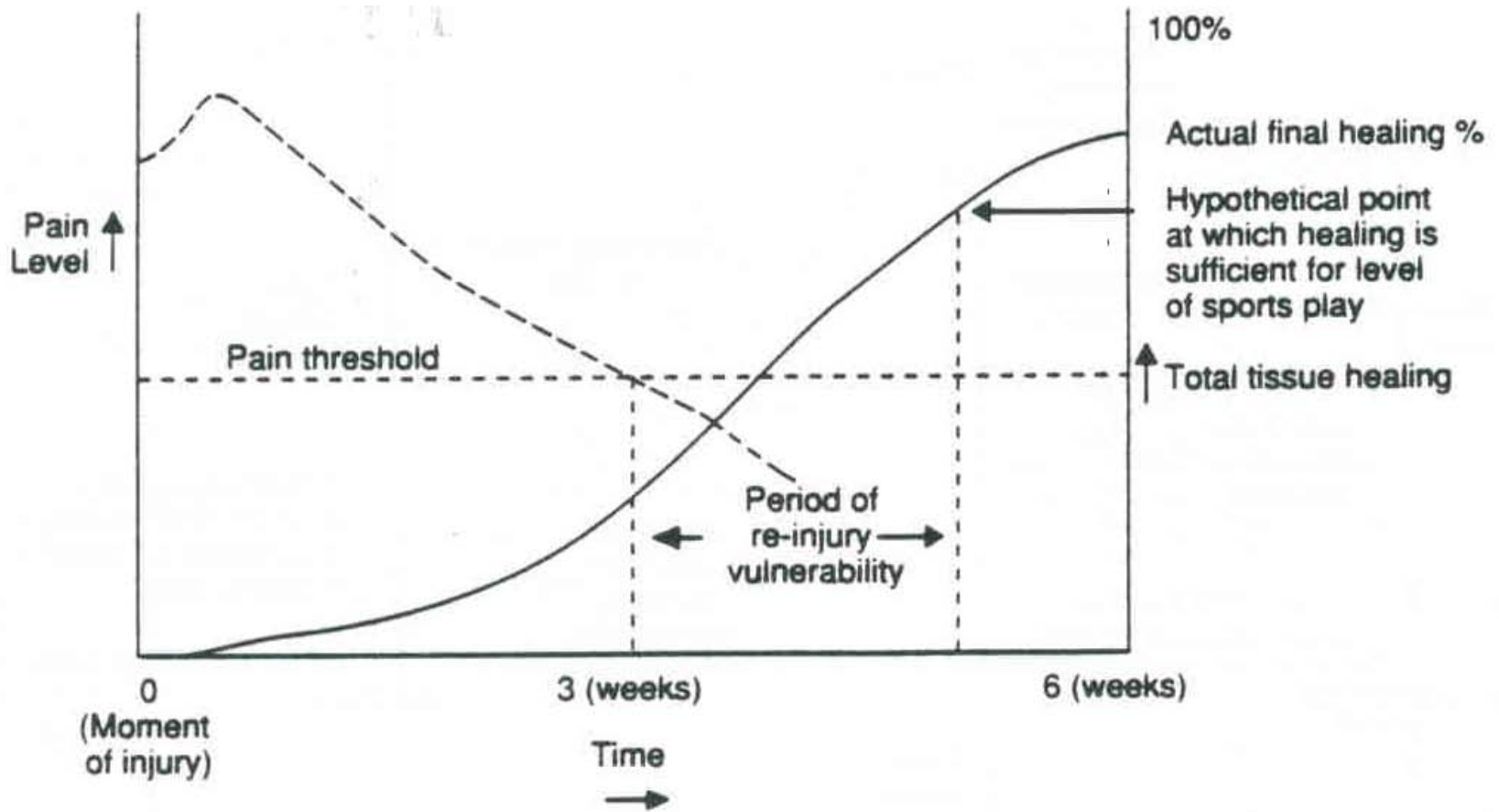
Re-Injury

- Increased risk of injury in future
- Likely to be more severe
- Psychologically Disruptive
- Permanent Damage
- Greatest cause: Premature Return to Play

Pain

- Just a sensation
- Doesn't tell you how strong something is
- Reasonable guide during inflammatory phase
- Poor guide during repair phases

Premature Return to Play



Prevention

- Proper Rehabilitation of Previous Injury
- Warm Up
- Fitness/Flexibility/Strength
- Equipment

- Prehabilitation – address risk factors