

Sports Injuries

Self Help Information Sheet



Osteopathy &
Sports Injury Clinic
Body Back-Up 2008

The Body Back-Up approach



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Our osteopathic approach to treatment concerns the inter-relationship and balance between muscle groups and joints. It can be applied successfully in the field of Sports Injuries.

Our assessment of a sports injury involves an overview of ALL of the areas of the body, as well as the area causing the pain.

Questions often asked . . .

- what treatment will best help the injury heal?
- what can I do to speed up my recovery?
- how soon will I be able to return to my sport?
- how many treatment sessions will I need?

Understanding the problem

The key to good treatment is isolating the tissues that are causing the symptoms.

An injury may produce a pain that occurs in an area quite separate from the origin of the damage. For this reason successful rehabilitation requires a complex assessment.

The root of the problem could be a combination of:

- muscular tear or spasm
- tendon strain
- ligamentous tear or strain
- nerve root entrapment
- cartilage tear
- disc prolapse
- bone damage

Osteopathic Injury Management

In an initial consultation several factors are noted as an overview:

- areas of excessive or reduced mobility
- compensatory changes that may arise
- the balance and ease of movement

The Body Back-Up "hands on" treatment can be used to ease joint, muscle and tendon stiffness.

Treatment is often applied away from the centre of the most intense symptoms at the outset, gradually moving towards the centre of the symptom causing tissue.

Getting well again . . .

Body Back-Up advice is made easy to follow and can be made part of daily life without becoming onerous.

Special exercises may be prescribed to help increase joint mobility and stretch the muscle groups.

Flex-a-Stretches on YouTube!

Our Flex-a-Stretches help to maintain awareness of a possible build-up of stiffness that might require a Body Back-Up Check-Up.

Such exercises can prove vital to attaining good muscle balance.

www.youtube.com/user/BodyBackUp



Minimise your risk of injury

The way in which you carry out your sporting activity can greatly affect the likelihood of injury. There are several areas that you should be concerned with:



- the way in which you prepare for exercise
- warming up and warming down
- the level of impact of your chosen sport
- the quality of the sports shoes you use
- your lifestyle outside of training

All of these elements should be carefully considered in relation to your sporting routine.

Your Body Back-Up Osteopath can provide all the necessary advice during your consultation.

Injury rehabilitation

Robin Lansman teaches students about his approach to Osteopathic Rehabilitation & Sports Injury Management, at the British School of Osteopathy and across Europe.

Robin has also been on-hand at many London Marathons to help runners needing treatment as they struggled in after six or seven hours on the road.

Your Sports Injuries would definitely be in safe hands with Robin and the rest of the Body Back-Up team.

**To find out more about Body Back-Up
visit our website or email us at
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www.bodybackup.co.uk

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