

Osteopathy and sports

Whether you are a weekend warrior or an elite athlete, your osteopath can assist you to achieve the best level of sporting activity

Osteopaths can also, by evaluating your sporting development and relating it to your physical type, suggest actions that may go a long way to preventing injuries occurring.

If you suffer injury while engaged in sport, an Osteopath will be able to assist with the healing of the injury and get you back to peak fitness in the shortest time.

Your Osteopath is capable of dealing with all the common sporting injuries including:

- neck and back strains
- shoulder, elbow and wrist injuries - e.g. tennis & golf elbow
- Hip, knee, leg and ankle injuries - e.g. shin splints.

All of which may require either treatment or referral for further investigation.

For those endeavouring to attain the top level in their sport, Osteopaths will ensure that all muscles and joints are working to their maximum efficiency and can advise on stretching and mobility exercises to keep you in top condition.

As an athlete you will no doubt be aware that it is important - particularly in sport - to ensure your diaphragm is performing optimally and the rib cage mechanics are functioning correctly. This allows the body to acquire the oxygen so it can function at top level and you can achieve peak performance.

An osteopath can assess your structure and assist in both improving and maintaining good breathing function so that under the stress of competition you are getting the best results.

Your osteopath can also evaluate how your body functions and can suggest improvements that may help your performance and will specifically help you avoid injury through muscle and joint strain.

Osteopathic treatment for sporting injuries involves the Osteopath using a wide range of techniques to assist the patient's body in recovery and rehabilitation. The Osteopath will aim, with the patient, to achieve optimal function of the neuro-musculoskeletal system. The Osteopath will be able to provide advice and/or referral on nutritional support and training technique.