

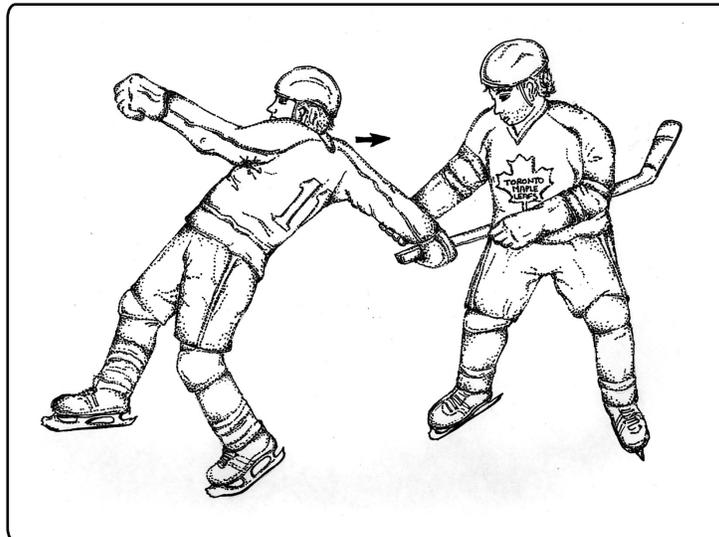
## Athletic Injuries: Management, Prevention and Care

*Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential.*

*~ Bruce Lee*

Among the oldest documented writings of massage in the application of sports was in second century Rome, where it is said that Roman physician Galen performed massage on top Gladiators of the Colosseum to prepare them for combat and aid in their recovery. In present day, massage has preserved its acceptance for medicinal uses in the effective treatment of many physical ailments, including the strains and sprains of "civilized" sports. From the professional athlete to the occasional golfer or gym-goer, massage therapy remains widely recognized for its many therapeutic benefits...

**Anticipated benefits include:** improved muscle health and circulation, increased range of motion, enhanced mobilization of metabolic waste products such as lactic acid, normalized muscle fiber alignment, optimum adaptation to training stimuli, and rapid restoration of vital energies. Injured muscles left untreated can develop restrictive scar tissue and adhesions (fibrous bands of collagen that poorly effects muscle function). Therefore, it is very important for the conscientious athlete to regularly receive massage throughout their entire training regime to ensure proper healing and prevent chronic reinjury.



### **Hyperextension of the Shoulder and Elbow:**

*Like many sports injuries, this one causes tearing to the body's joint capsules and ligaments. Consult your Massage Therapist to evaluate the extent of injury and to discuss how massage can help you recover with minimal time away from your activity.*

**The objective of massage therapy is to optimize recovery time.** Initially, your Massage Therapist will thoroughly assess and evaluate your training schedule and (if applicable) the nature, cause, and extent of your injury: taking you through a full spectrum of movement and special testing, postural assessment and gait analysis. Based on the results of the clinical assessment, you and your Massage Therapist cooperatively develop and agree to a specialized treatment plan that addresses your individual concerns. In addition to hands-on therapy, the proper execution of self-care exercises at home is essential, including specific stretching and/or strengthening routines and hydrotherapy applications. It is also important to keep your family physician or sports medicine doctor informed of your progress, after all, they usually make the executive decision when it comes to the question of your readiness for participation.

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## Athletic Injuries: Management, Prevention and Care (Cont'd)

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### Prevention and Care

Athletes endure more physical strain than the average person. Taking the time and spending a little money to invest in a properly developed training regime is often overlooked and as a result the leading cause of injury in sports-related activities. **Speed, agility, coordination, balance and power should all be combined with relaxation, suppleness and flexibility** in order to round out a total training program with a central aim to prevent injury and maximize performance. Consistent training over time allows the athlete to improve the mechanics of his or her technique while at the same time accumulating invaluable practical experience. Body-checks in hockey, tackles in football, ankle sprains in soccer, and repetitive strains of golf is just to mention a few of the often traumatic forces that the common athlete is subject to.



If you're serious about your sport, then its about time you sit down with your Massage Therapist and put together a massage maintenance program. Many athletes make the mistake of just going for massage therapy after the onset of injury. This form of "crisis management" does have its benefits and that is not to discourage receiving massage post-injury, but the point is to **keep up regular visits throughout your training in order to address and respond to the seemingly insignificant problems that can later adversely effect your game, and even worse, put you out of play due to reinjury.**

*"An ounce of prevention is worth a pound of cure", says Benjamin Franklin. And our elders tell us "a penny saved is a penny earned"... So put those pennies to good use and invest in the quality of your health, and maximize the performance of your game. Contact your Massage Therapist today and set your plan in motion!*

*Diet, sleep patterns, work and play habits, spiritual practice, relationships, are significant aspects of the overall energy structure of a person's life. These dynamics must be continually studied and sensitively tuned to maximize the progress towards realistic goals.*

*~ Dr. Jerry Allan Johnson*

**For appointment bookings or more information, please call: (905) 897-8889**