



SPORT-SPECIFIC GUIDE

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As Physiotherapists, we commonly see sporting injuries.

These can occur as a result of:

- Poor posture
- Deficits in strength and flexibility
- Training overload leading to overuse injuries
- Not investing time into good quality core stability rehabilitation

It is essential to build a solid foundation and form of conditioning within your sport, whether you are a novice or an elite athlete.

AUTHORS

This guide has been written by our Specialist Pilates Online Physiotherapists based on their clinical experience and the latest evidence-based research

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TOP TIPS TO IMPROVE YOUR SPORT TRAINING HABITS:

THE POWER OF PILATES. Whether you chose to do our Specialist Pilates Online classes or attend a local class to you, working on your Posture is essential to improving your game!

CORE STABILITY. Our Specialist Pilates online videos for sports help you train your core muscles in your sporting specific positions and condition you in injury prone areas to help optimise your speed, power and co-ordination and reduce your injury risk.

IMPORTANCE OF PELVIC FLOOR MUSCLES. Help add stability to your body and improve your game, we have a range of exercises for you from beginner to advanced level to work that all important pelvic floor. This is vital for both men and women!

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TOP TIPS TO IMPROVE YOUR SPORT TRAINING HABITS:

STRETCH! Keeping the muscles in your body lengthened or stretched regularly means your muscles can accept any loading you put through it effectively and efficiently to provide you with optimum, explosive power output.

ADD VARIETY TO YOUR TRAINING REGIME. Never just do one thing! Variety is key! Work on a mixture of stability, posture, endurance, strength, speed, agility, flexibility, cardiovascular and balance!

CHALLENGE: Can you do 10 quick tuck jumps and land smoothly in the same spot without any joint pain? If when performing you feel any knee, hip, ankle or even back pain, you need to work on strengthening various areas in your body to address any deficits you have. You can learn more about this by training with our Specialist Pilates Online Physiotherapists in our Sport specific Pilates video.

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COMMON SPORTING INJURIES AND WHY THEY CAN OCCUR

Muscle strains. This could be ankle, calf or hamstring strains for example. Muscle strains can happen due to:

- Training overload
- Muscle weakness
- Lack of warm up and cool down exercises before and after sport
- Muscle tightness participation in contact sports where injury risk is higher
- Training in colder conditions

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LOW BACK PAIN. Back pain in sport can be due to:

- Repetitive twisting or stooping movements in your game
- Weak core muscles and overall body strength
- Weak pelvic floor muscles
- Limited flexibility in your joints
- Poor posture in everyday life. Sitting in bad postures in chairs at home or at work will significantly affect your sport performance. Just by sitting correctly in the day can mean you are engaging your core muscles more efficiently (which is like a work out in itself!)
- Poor balance and joint position error. The proprioceptors in your joints tell your brain where your body parts are in space. For example, if you have ever suffered with an ankle sprain but have not received Physiotherapy or late stage balance and multi-directional conditioning exercises such as rehabilitation, the joint has not been re-educated sufficiently to cope with speed and agility type loading which leaves a person susceptible and vulnerable to injury.
- Previous back pain episodes. You are more likely to suffer back pain in sport if you have experienced back pain in the past on more than one occasion, especially if you did not rehabilitate yourself or you didn't seek a Physiotherapist's advice for screening.

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TRAINING OVERLOAD. This can lead to various tendon-related conditions known as 'Tendonopathy'.

For example:

- Tennis elbow (lateral epicondylitis)
- Achillies tendinopathy
- Golfers elbow (medial epicondylitis)
- Patella tendon pain (pain in the knee below the kneecap where it attaches to your shin bone)

LIGAMENT SPRAINS. Ligaments attach bone to bone and help to control excessive movement of the joint. When joints are stiff, this can leave a person prone to, or at risk of, a ligament sprain if regular exercises are not performed to maintain the health of joints in sport.

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COMMON QUESTIONS PHYSIOTHERAPISTS GET ASKED

My tendon pain is stopping me jumping and changing direction. Why is it taking so long to heal?

Tendon overload can affect the matrix of a tendon (its cellular structure) and cause inflammation which can take a long time to heal if the tendon is not rehabilitated correctly.

Our Specialist Pilates Online videos are designed to allow tendons to be gradually introduced to loading using the latest evidence-based approach from gradual to progressive loading and cover the following: a staged loading programme, slow resistance progressing to faster loading muscle strengthening (important for tendon recovery), eccentric control and slow loading, restoration of function, sport-specific retraining vital for tendon recovery and to retrain the brain.

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I injured myself today. What can/ can't I do?

If you have injured yourself during a match or your favourite sport in the last 24 hours we recommend you do the following:

PROTECT: protect the injured area from undue stress or overload.

REST : this can help allow the body heal and recover within the first 24-48 hours

ICE : apply a cold pack of peas (wrapped in a tea towel to prevent ice burns) or use an ice pack covering the affected area for 5-10 minutes maximum.

(IMPORTANT: keep checking the skin area constantly for any presence of any ice burns and making sure skin integrity is intact). Repeat for the first 24 hours up to 3 x a day for pain relief.

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COMPRESSION : If a joint is swelling (for example an ankle joint) you could wear a compression/ support temporarily for 24- 48 hours if needed. Try to remove this as quickly as possible to avoid muscles from becoming deconditioned. If joints continue to swell, it worsens and you are unable to bear weight or stand through the joint see a GP or Physiotherapist to have this assessed in case you have any missed or spontaneous fractures.

ELEVATE (the affected limb) : This helps to lower the blood pressure and helps limit bleeding and encourages drainage of fluid through the lymphatic system.

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I think I've fractured my ankle. What should I do?

Can you walk on the affected area and take more than 3 steps without excruciating pain? If so it's unlikely that you have fractured or broken your ankle.

If you are unsure, always seek medical attention. If things do not improve, it's always better to get the affected joint or problem investigated so it's easier to treat from a Physiotherapists perspective to avoid longer term pain.

As symptoms settle, try to resume normal activities as quickly as possible (as pain allows) to prevent longer term loss of muscles strength and flexibility. Our Specialist Pilates Online videos can guide you through. If you have recently injured yourself during your sport, start with the beginner level exercises. If you feel OK and no aggravation of symptoms occurs, work your tolerance back to higher level intermediate and then advanced level exercises, rather than just jumping straight back to everything you did before you were injured.

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SPORT SPECIFIC INJURIES WHICH CAN AFFECT YOUR SPORT

Our Specialist Pilates Online Physiotherapists have carefully designed our Sport specific Pilates section to address some of the most commonly seen injuries presenting to Physiotherapists within various sports.

If you have suffered in the past with constant niggles or you have recurring injuries mid match or during your sporting season, our programmes can benefit you! Our video's address all the areas needed to play any sport and we are constantly adding to our material to keep you challenged! We cover the following areas:

Balance
Co-ordination
Flexibility
Muscle strength
Posture

Breathing control
Lumbopelvic control
Pelvic floor retraining
Warm up and cool down
Agility

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HOCKEY. In hockey players, common areas of tightness, weakness or pain are the thoracic region (upper to mid back), big toe joints (metatarsophalangeal), discogenic and low back pain, knee and patella tendon pain. Hockey is a multi-directional sport putting lots of stresses through the body requiring great control through one leg whilst rotating to hit the ball.

RUNNING. In runner's, common problems that can interrupt training programmes include: runner's knee (patella tendinopathy), hamstring tightness, iliotibial band (ITB) syndrome, ankle sprains.

DANCE. Common symptoms and problems reported by dancers: Ankle sprains, hypermobility within joints leading to pain, hip bursitis, hip pain (such as femoroacetabular impingement), low back pain.

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SWIMMING. In swimmer's, common problems that can interrupt training programmes include shoulder impingement.

GOLF. In golfers, common injuries include: Achilles problems, thoracic (mid back), stiffness, back pain, knee and hip pain, golfers elbow (medial epicondylitis).

ROWING. Rowers commonly suffer with knee and back pain due to the sitting and forward flexed positions that rowers are required to sustain for a prolonged period of time.

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CYCLISTS. Quad tightness, poor upper back posture (hyper kyphosis), neck pain, hip impingement, hip flexor tightness, lower back pain.

HORSE RIDERS. Hip impingements, low back pain, sacroiliac joint pain, neck pain, buttock tightness, adductor strains, forearm tension.

TENNIS PLAYERS. Shoulder impingement, rotator cuff injuries (muscles affecting the shoulder), subacromial bursitis, De Quervain's, Tennis elbow (Lateral epicondylitis).

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This guide has been written by our Specialist Pilates Online Physiotherapists based on their clinical experience and Masters in Rehabilitation and Advanced Physiotherapy and have extensive clinical experience in medical exercise prescriptions and Physiotherapy management in Sport in their everyday practice.

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