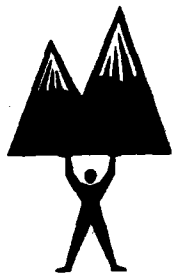
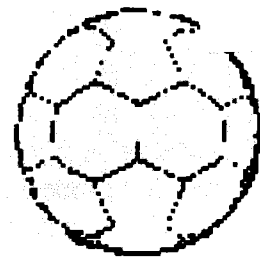


Soccer News

from



ROUGEMOUNT

P H Y S I O T H E R A P Y

"After going for a head shot a soccer player stepped on the foot of an opponent and rolled off the side of the foot turning the ankle. Although the player stayed off the ankle and iced it during the night, the ankle appeared swollen and discoloured the next morning and continued to hurt on weight bearing."

"A soccer player is kicked in the upper outer leg. Although the pain has subsided the top of the foot feels somewhat numb."

"A soccer player is complaining of anterior knee pain during the game and when ascending, or descending stairs."

Has this happened to you?

Soccer injuries -- Prevention is the key

Foot and ankle strains are the most common soccer injury. Other injuries include groin, quadriceps and hamstring strains and strains of the knee ligaments.

Contusions of the foot and leg frequently result from direct trauma, such as being stepped on, kicked or being hit by a speeding ball.

Uneven ground, stepping in a hole or landing on another player's foot and striding off the side can all be contributing factors to injury.

Cleated shoes become fixed to the ground, whereas the limb continues to rotate around it. The very nature of changing directions while running places an inordinate amount of strain on the knee and ankle.

Preventing injuries should be a priority for all sports participants. Several steps can reduce the incidence or severity of injury and includes the use of appropriate protective equipment and footwear and regular physical conditioning including flexibility and strengthening exercises.

Although many of the injuries are minor and easily treated with immediate ice therapy, compression, elevation and rest (to control inflammation, swelling and pain). A few injuries can result in complications, therefore a visit to the physiotherapist is warranted for symptomatic relief, injury specific education and strengthening.

When should I use heat or ice?

Heat is generally used to decrease pain and muscle spasm. It also decreases stiffness so you can move more freely and helps to relax aching muscles. Heat is usually a good choice in muscle strain, or older injuries.

Ice is also used for pain relief. Ice helps to decrease inflammation and swelling in an acutely injured area (an injury less than 6 to 8 days old.) Generally speaking, if you have a fresh injury ice is the best choice to help decrease the swelling, inflammation and pain.



Rougemount Physiotherapy provides individual; timely, quality and accountable care to return our clients to their normal daily activities as soon as possible. Therapy focus is on active reconditioning and education where the client fully understands the nature and/or mechanism of their injury or condition and are partners with us in their rehab.

We have a growing team of rehabilitation professions to provide orthopaedic and sports rehab; cardiac rehab; neuromuscular treatment, massage therapy; custom orthotics and braces.

Hours:

Monday -- Friday

7 a.m. - 7 p.m.

376 Kingston Rd.

Pickering, Ontario

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Registered

physiotherapists:

Kathy Chamberlain

Cathy Kammerer

Understanding why it hurts

Understanding your pain often helps in prevention.

Pain is part of the body's incredibly important and valuable warning system. It alerts us when tissue damage is occurring so we can take appropriate action and avoid serious injury.

There are several key patterns of discomfort that represent signals to which we should pay attention.

- The first is "sudden onset" or acute pain. Pain that occurs quite suddenly and persists in an area is a key indicator that something has gone wrong and you should take action before the situation gets worse. If you have this type of pain during an activity, then you should stop what you're doing and seek help.
- We have all experienced nagging injuries that come and go. This is intermittent, or recurring pain.
- If mild pain returns consistently with an activity and is in the same general location, we should pay attention and take some appropriate action (i.e. warm-up before the activity, ice after activity).
- However, if the pain grows in intensity with lesser amounts of effort, or comes faster with activity, it is time to stop and have it properly assessed.

Always warm up

It is a well-known fact that warm ups are an important part of athletic training and techniques. Cold muscles are at risk of injury, whereas if warmed they perform optimally.

Remember stretches are not a warm up. Stretches are for mobility. If one stretches extensively before a game without warming up first, the connective tissue (tendons and ligaments) are placed at their weakest and are at risk of injury.

Best is a cardiovascular warm up (e.g. run, skip) followed by taking each joint through its full range of motion. At the end of the game have a full dynamic stretch. Stretching on off days is beneficial too – why not while watching TV?

For peak performance, cross-training is important (e.g. bicycling, swimming.) Top athletes take time to tone and train individual muscle groups to reduce the risk of injury from repetitive work in a game i.e. hamstrings, Achilles tendon.