

## Sports and musculoskeletal injuries

Sports podiatry is a specific field of podiatry focussing on diagnosing, preventing and treating injuries related to sport. It is very important to accurately diagnose the complaint prior to developing a treatment plan. By using the latest assessment techniques, such as gait analysis we can diagnose your problem accurately and get you back on track to return to sport as soon as possible.

We will look carefully at your footwear and make appropriate recommendations.

We work with our patients to develop a structured rehabilitation plan that is strongly focussed on getting them back to sport – fast! As podiatrists with a passionate interest in sport, we understand the rigours and demands of training and the desire to return to activity as quickly as possible.

If you develop a sports injury it is important to rest and ice the area to minimise swelling and further damage. You should then contact us for further care and assessment



# Musculoskeletal injuries

## Shin Splints

Shin splints are a common injury for athletes or people who perform high impact exercise on hard surfaces such as running and jumping. People who suffer shin splints experience pain in the lower third, either in the inside or outside of their legs. Shin splints result from damage to the connective tissue that joins the muscle to the bone. If the injury is ignored it can result in stress fractures of tibia which can be quite debilitating.

### Some risk factors for developing shin splints are:

Flat, pronated Feet

Excessive Calf tightness

Being Overweight

Training errors

Incorrect footwear



### Treatments include:

Orthotics - Dry needling - Taping

Deep tissue massage

Appropriate footwear

Rehabilitation programmes

## Achilles tendinopathy

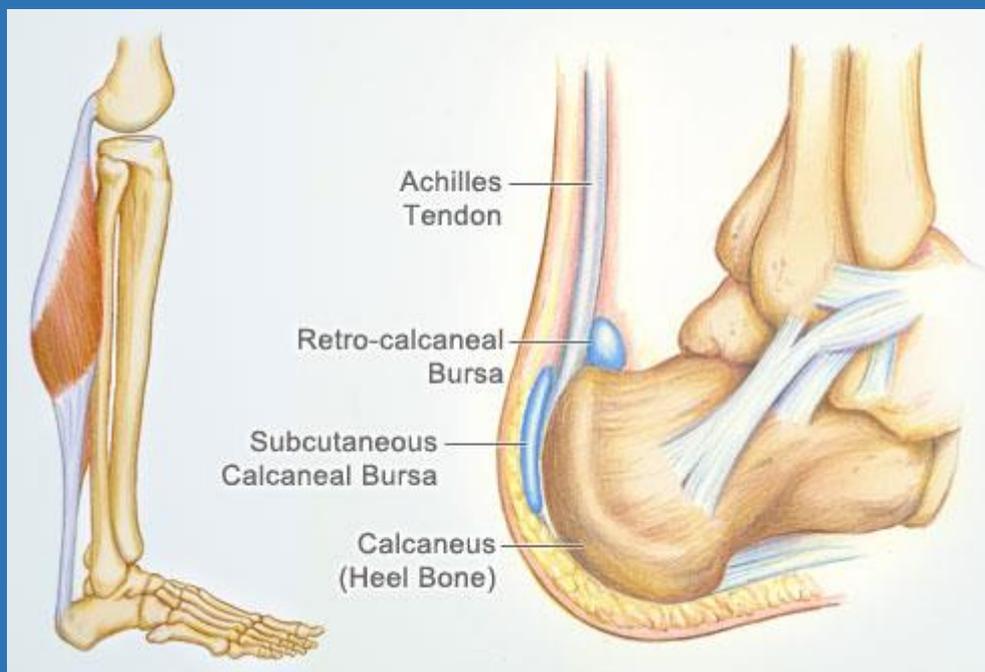
Achilles tendinopathy is a very common ailment predominantly caused by overuse.

Symptoms:

Pain mostly at the base of Achilles tendon just above the calcaneus (heel bone) but can be anywhere along the tendon. Sometimes the superficial or deep bursae located at the back of the heel can also be involved.

Usually pain is worse first thing in the morning as weight is put through the foot.

The Achilles tendon is made up of collagen fibres and does not have a good blood supply. As we age the fibres of the tendon become more fragile and less flexible leading to an increase in risk of injury.



## Treatment

Orthotics to improve foot/ankle mechanics

Heel raises

Rehab exercises to strengthen tendon

Shockwave therapy

Deep tissue massage

Taping

Dry needling of calves

Footwear changes

