

Newsletter

Issue 4, 2019

Injury Prevention Strategies

By Melanie Tri

Participating in sport is a great way to keep fit, socialise and reduce health risks associated with being sedentary. And while there is no way to guarantee that you will not get injured playing sport, there are ways you can decrease that risk.

Know Your Body & Sport

The first place to start is to get an idea of the injuries you are prone to and tailor your program towards these. Any previous injuries, movement impairments, as well as knowing the injury profile of the sport(s) you are participating in can help guide which areas to target. For example, you are more likely to see hamstring injuries in hockey or athletics, knee injuries in netball, and shoulder injuries in rugby. Understanding why and how injuries occur in your sport or activity is a key component in preventing them from happening.



Train Smart

Making sure you are fit and ready before the start of the season is a smart way to decrease your injury risk. A pre-season training program, consisting of general strength and conditioning at the start, then moving towards more sport specific strength and conditioning near the end will prepare you for the demands of your activity.

Don't ignore your body. Picking up on injuries early and modifying training around them will avoid making them worse. Avoid excessive spikes or drops in your training load by building up gradually, and not dropping off from

training completely for long periods of time.

Injury Prevention Program

The components of a good injury prevention program should include exercises for: Mobility, Activation, and Movement preparation.

Mobility is necessary to reduce restrictions in ROM. When we participate in sport, we perform functional full body movements. If one of the joints involved in a functional movement are more limited, it causes an imbalance in the chain. To make up for this loss of movement, another area will take up the slack. If this happens repeatedly, the structures in the area that is moving more gets overloaded.

Activation is important to engage all stabiliser muscles, or areas that

have been identified as a deficit. This primes those muscles to be used during training. These activation exercises place the most emphasis on technique and quality of movement.

Movement preparation is where mobility and activation come together. This part of the program tends to be more dynamic and can simulate movements that mimic positions you would get into during your sport or activity.

Don't hesitate to see one of our Physios if you would like tailored advice on injury prevention strategies; or if you have a current injury you would like an assessment on.



Physiotherapist Melanie Tri has a special interest in long term athlete development and functional rehab.

Practitioner Spotlight - Holly Edstein, Dietitian



Holly Edstein is an Accredited Practising Dietitian (APD) and Accredited Sports Dietitian (AccSD).

More than anything, she has a love for food and believes that everyone has the capacity to love food and the eating process, regardless of any clinical condition/s or personal health goals.

Through her experiences in sport both personally and professionally, Holly has learnt just how powerful nutrition is in its capacity to enhance lives.

Holly is passionate about improving performance, weight management, reducing symptoms & recovering from clinical conditions through a positive relationship with what we eat.

With a heavy involvement in an array of sports growing up, Holly found herself intrigued as to how what she ate could impact her performance.

Services

Sports and Exercise
Physicians

Physiotherapy

Podiatry

Remedial Massage

Exercise Physiology

Nutrition

Sports Psychology

Rehabilitation Physician

Orthopaedic Surgeons

Quick Quiz

1. Which injury ruled Sally Pearson out of 2018 Comm Games?

- a) Achilles injury
- b) Back spasms
- c) Broken wrist
- d) Hamstring tear

2. Who played in the 1970 Rugby League Grand Final with a broken jaw??

- a) Bob McCarthy
- b) John O'Neill
- c) George Piggins
- d) John Sattler

3. Which Paralympian recently became the first to be elevated to legend status in the Sport Australia Hall of Fame?

- a) Dylan Alcott
- b) Louise Sauvage
- c) Ellie Cole
- d) Matthew Cowdrey

Answers

- 1. (a) Achilles injury
- 2. (d) John Sattler
- 3. (b) Louise Sauvage

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Sporting Snacks - Muesli Bars

Serves: 14 bars
Time to make: 45 Minutes
Diet Information: Low Fat
High Carbohydrates



Ingredients
2 cups rolled oats
6 Weet-Bix, lightly crushed
½ cup raisins
60g dried apricots, chopped
½ cup honey
1 cup orange juice
2 egg whites

Directions

Place oats, Weet-Bix, raisins and apricots in a bowl and mix to combine.

Place honey and orange juice in a small saucepan and bring to the boil over a medium heat. Reduce heat and simmer for 8-10 minutes or until mixture is thick and syrupy.

Stir honey mixture into oats mixture, then mix in egg whites.

Press mixture into a 18 x 28cm tin lined with non-stick baking paper and bake for 20-25 minutes until golden. Take out and once cool, cut into bars and store in an airtight container.

Nutrition Info (per serve)

Energy:	535kJ	Calories:	127cal
Carbohydrates:	26.3g	Fat:	1.3g

Image above is a guide only.

Original recipe published in the "The Taste of Fitness", (with kind permission of Dr Helen O'Connor)

Posture - Rules for Good Sitting

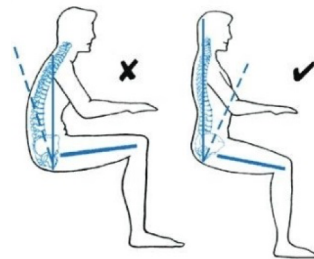
Sitting is not the most desired activity for the human spine. The body is trying to balance itself on its pelvis, often in a flexed position.

Some general rules for good sitting are:

1. Always try to have your hip position higher than your knee joint position.
2. Make sure your feet can be placed flat on the ground.
3. When you lean forward, bend at your hip joints, not at your lower spine.
4. Try to keep the natural curves through your spine. (Car seats are often the worst for this!)

5. The back of your chair should be slightly reclined at a 100 - 110 degree angle.

6. Have your desk at a height that reduces your need to "slump".



7. Set your keyboard and monitor in a position to maintain this good posture. The top line of the screen should be at or just above eye level.

If you hold your arm horizontally in front of you, your finger should be in the centre of the screen.

8. Take regular breaks and stretch your hip flexors and upper spine.

Your choice of chair is also important. It should be adjustable up / down to suit your height and tilt forward to aid hip / knee alignment.

The backrest should support your upper and lower back, and adhere to the natural curve of your spine.

Pay attention to your posture, your back will thank you!