

Flow Sports Therapy

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Sports Therapy (Physiotherapy): Information Sheet (v1.1)

The Sports Therapy Treatment appointment is designed to diagnose and treat specific pain, injury or dysfunction in otherwise healthy and active individuals. Focusing on the individual holistically, the treatment process will have a structure which is outlined below, involving active participation from both the therapy practitioner and the patient. As a BodyMaster Method© Practitioner I incorporate elements of Massage therapy, Physiotherapy, Osteopathy, Exercise Physiology plus other disciplines.

Below is an outline of the process:

History & Consultation

Going over medical history, past injuries, current injury status and pain or discomfort encountered. This ensures a full picture of all the issues that could be having an effect on current health status.

Physical Assessment:

A visual physical assessment will be carried out and then a more detailed investigation via specific ACTIVE movements by the patient (e.g; walking, squatting etc) and PASSIVE movements of the patient, controlled and carried out by the therapist (e.g; joint range of motion or muscle strength). Checking movement patterns such as walking and squatting as well as static posture can give a more complete picture of the patient, and indicate areas possibly causing dysfunction.

Therapy Treatment:

There are a wide variety of techniques that can be utilised as part of a treatment approach (see the website gallery), with the most appropriate methods selected. A significant part of the treatment will be on the 'soft tissue' (muscles, tendons, ligaments), using hands on therapy. This is not usually a 'passive' treatment and the patient will be asked to carry out certain movements or take certain positions to best allow treatment of a specific muscle or joint. Think of the term '**Massage with Motion**' as a simplified explanation of the process.

MEMBER:



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Exercise Prescription:

Rehabilitation exercise aims to bring back full function following injury through restoring muscle strength, endurance, power, and improving flexibility. A therapist can achieve these results by carefully selecting a set of exercises to then be undertaken by the individual patient. Prevention is better than cure, and a good, well thought out prescribed exercise plan will help restore normal function, while combining physical therapy and exercise prescription following an injury is the optimal, holistic combination to achieve results.

Rehab Guru® exercise prescription software is a tried and tested Home Exercise Prescribing platform trusted by sole-practitioners, private practices, the NHS, PMIs, and the UK Ministry of Defence, containing over 5500+ exercises

Price: €50

Duration: 60 min

(plus additional time completing individual exercise prescription)

David is a professional member of the STO:



MEMBER:

