

Welcome to our **Newsletter** ...  
Designed to provide you with  
current information about  
**Physiotherapy...**

## Cherrybrook Physiotherapy

Appletree Shopping Centre  
3/132 Shepherds Drive  
Cherrybrook NSW 2126  
Phone: (02) 9484 3360



**Cherrybrook Physio**  
**9484 3360**  
**For all your Physio Needs...**

**Assessment**  
**Diagnosis**  
**Treatment**  
**Rehabilitation**

**Cherrybrook**  
**Physio therapy** a  
leading Physio Clinic  
of excellence in  
The Hills.

We tailor specific,  
individualised and evidence  
based treatment plans that  
are specific for your injury.  
For an accurate diagnosis  
and tailored treatment plan  
call **9484 3360** and make  
an appointment today...



## this issue

**Sprains & Strains**

**What's The difference?**

**News from Cherrybrook**

**Physio...**

Many of us have injuries that involve a strain or sprain; but do you know the difference between these two types of injuries.

### Very simply:

1. A **sprain** involves an injury; a stretch or tear to a ligament - the tough, fibrous tissue that connects bones to bones, or to the cartilage - the flexible connective tissue found between the bones in a joint.
2. A **strain** involves an injury; a stretch or tear to a muscle or tendon - the tissue that connects the muscle to the bone.

### Sprains - In More Detail...

Sprains frequently occur when a twisting motion accompanies an outstretched limb, so ankles, knees and wrists are the joints most commonly sprained.

To illustrate, think of your ankle twisting sharply inward or outward as your foot lands on another player when jumping for a ball; or your knee twisting when you're knocked by another player going for the same ball. Both of these incidents are likely to result in an 'overstretch' of the ligament or a tear to the cartilage at the very least!

Symptoms that commonly indicate that a sprain has been sustained include pain, swelling, bruising and a loss of functional movement. Occasionally, you may feel a 'pop' or 'tear' when the injury occurs.

### Sprains are commonly 'graded' into three categories to reflect their severity:

- Grade 1 (minor) - No tearing of the ligament or cartilage and no loss of joint function - however you still may feel discomfort due to internal bruising and swelling
- Grade 2 (moderate) - Partial tearing of the ligament or cartilage. This will result in decreased function due to the swelling and bruising and it may be difficult to walk on the painful ankle/knee
- Grade 3 (severe) - Complete tearing of the ligament and or cartilage. The joint will feel very unstable and you are unable to bear weight on the affected area. This is usually associated with widespread swelling, bruising and severe pain.

A visit to the Physio will help with diagnosis and pain relief. In severe injuries an XRAY may be required to rule out a fracture as the symptoms are similar. Surgery is sometimes required to correct the joint if a complete ligament rupture or tear of the cartilage has occurred.



## News from Cherrybrook Physio Clinic....

### Did You Know You Can Book Online?

Please go to our website  
and follow the link..

[cherrybrookphysio.com.au](http://cherrybrookphysio.com.au)

Or you can download the  
first available app to your  
phone...

We are continually  
striving to make your  
experience with  
Cherrybrook Physio the  
best possible.

Kim will again be looking  
after the North West  
Sydney Koalas starting in  
March. Let's hope they  
have a good season!



*Seek advice from your Physio  
ASAP - the research is very  
conclusive.*

*Early accurate assessment and  
prompt appropriate treatment is  
much better than delay.*

## Strains - In More Detail...

Just like a rubber band, muscles are made to stretch. But if stretched too far, or if stretched while contracting (i.e. an eccentric contraction), a muscle strain may occur.

Strains are often referred to as "pulled" muscles, with hamstring and calf injuries amongst the most common type of strains in many sports due to the amount of rapid acceleration involved in play.

### Like sprains, strains are graded based on their severity:

- Grade 1 (mild) – Minimal damage to muscle fibres – can feel like a bruise to the muscle.
- Grade 2 (moderate) – There is more extensive damage to the muscle fibres but the muscle is not completely ruptured. It is usually painful to walk with obvious swelling and bruising.
- Grade 3 (severe) – There is a complete rupture of the muscle- unable to weight bear with marked swelling and bruising.

## Some Tips for Minimising Strains & Sprains in Sport...

### Good Preparation

- participate in a fitness programme to develop strength, co-ordination and flexibility
- eat a well balanced diet to keep muscles strong
- wear shoes that fit well and are in good condition
- tape or brace knees & ankles if you have previous injuries
- warm up & stretch before competition & training to be ready to play

### Good Technique

- incorporate training focusing on enhancing body balance, control on landing, moving forwards & sideways
- screening with a physio to help identify any risk areas that may require extra training emphasis.

***"If you suffer a soft tissue injury the best thing to do is apply ice to the affected area for 20 mins repeating every 1-2 hours."***

## At Cherrybrook Physio - It's All About You!

Both correct initial management and immediate treatment are vital for ensuring rapid recovery from strains and sprains.

As a specialist musculoskeletal and sports physiotherapy practice, Cherrybrook Physios will work with you to identify the nature of your injury and to develop a personalised injury solution that will result in optimal recovery time.

If you would like to make an appointment to discuss your condition or have a further enquiry, visit our website [www.cherrybrookphysio.com.au](http://www.cherrybrookphysio.com.au) or call us on **9484 3360**