

Injury Assessment and Diagnosis

You should see a physiotherapist if:

- you cannot continue normal sporting, work or daily activities; or
- your injury is recurrent; or
- you are concerned about recovery from your injury.

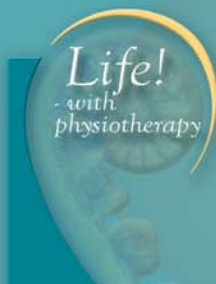
Your physiotherapist will:

- assess your injury or problem and provide a provisional diagnosis, with expected time frames for recovery;
- refer you to the appropriate person if your injury needs further investigation or management.

Injury Management and Rehabilitation

Your physiotherapist will:

- provide an individual management and exercise rehabilitation programme specific to you, your sport and activities;
- help you move and function normally, so you can return safely to sport;
- advise you how you may train and play safely while recovering from injury;
- advise on safe return to work or sport.



Injury Prevention

Your physiotherapist can:

- perform a sport-specific *Screening Assessment* of muscle strength, flexibility, stability and movement patterns to identify potential causes of injury and to provide a preventative rehabilitation programme;
- identify previous injuries that have not been sufficiently rehabilitated and may recur;
- teach you how to avoid more injuries;
- show you how to stretch and warm up.

Enhancing Sporting Performance

Don't wait for an injury. Your physiotherapist can give you a *Screening Assessment*, then prescribe an individualised programme to improve movement efficiency, enhance sporting performance, and reduce the risk of injury.

Want to know more?

- Physiotherapists are happy to talk to clubs, workplaces and classes.
- See www.acc.co.nz – Injury Prevention – Sport Safety.

Produced by the NZ Society of Physiotherapists, with the assistance of the NZ Sports and Orthopaedic Physiotherapy Association (a Special Interest Group of NZSP)
www.nzsopa.org.nz

New Zealand Society of Physiotherapists Inc.
PO Box 27 386, Wellington, New Zealand 6141
Phone (+64) 4 801 6500, Fax (+64) 4 801 5571
nzsp@physiotherapy.org.nz www.physiotherapy.org.nz

3/2007



The Professional Touch for Sports Performance

Why you should see a physiotherapist

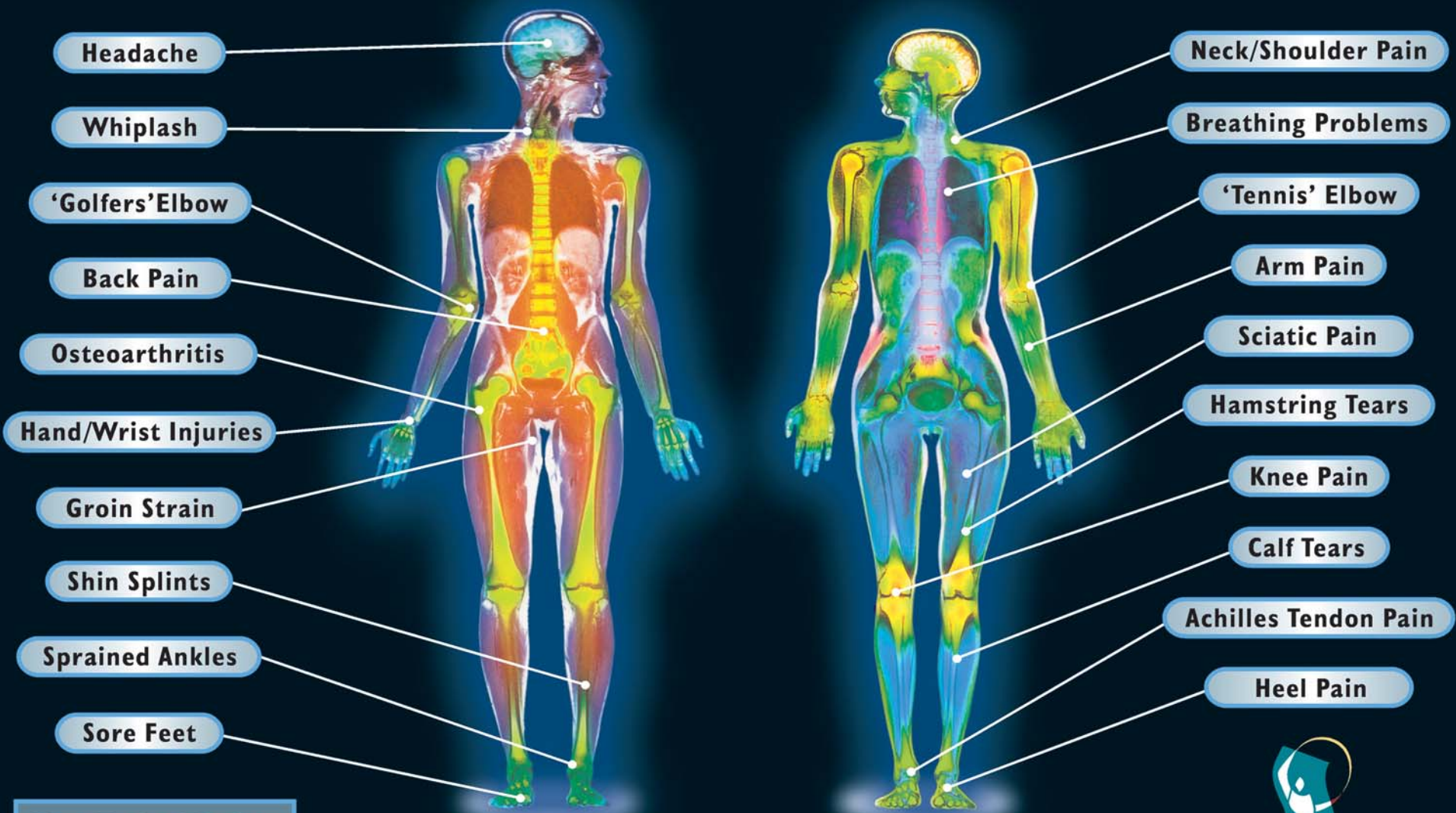


You can see a physiotherapist without a referral.



Your physiotherapist can register an ACC claim when appropriate

Injured at sport...



New Zealand Society
of Physiotherapists Inc.
www.physiotherapy.org.nz

...Physiotherapy can help you.
You can see a physiotherapist without a referral

