



**ATTENTION:**  
**ATHLETES, SPORTSMEN  
& WOMEN, AND WEEKEND  
WARRIORS WHO WANT  
TO AVOID GETTING  
INJURED...**

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## DISCOVER THE

**3** most common sports injuries  
and the 3 reasons you will  
suffer them!

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Injury & Rehabilitation Experts From The Perrymount Clinic in Haywards Heath, Sussex, share their top tips and strategies on the best ways to avoid the most common injuries they see daily!

**P** THE PERRYMOUNT  
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# Dear Mid Sussex Resident,

Hello, my name is Christian Bates. I am an Osteopath and owner of the award-winning Perrymount Health & Wellness Centre.

Before you move onto finding out the most common causes of sports injuries and what you can do to prevent, them I'd love to give you a brief introduction to The Perrymount.

The Perrymount opened in 2009 and fast became the destination for natural health solutions for the whole family. Recently we expanded into larger premises to accommodate our rapidly growing client list and to add more and more value and options to help you with your health, especially in the sports and injury prevention area.

Our aim is to be a centre of health and sports injuries par excellence. We offer a premium service to help sports people, both amateurs and professional, with a wide range of services to encompass all types of injuries and rehabilitation, and to maximise performance too.

If you're reading this, my guess is that you play some kind of sport and exercise regularly. And as you know, injuries do occur.

## The most common treatments that we offer are as follows:



### Osteopathy

Osteopathy uses massage and manipulation to overcome diseases, disabilities and pains of the musculoskeletal system (bones, joints, muscles, ligaments and connective tissues) and viscera (internal organs). With detailed knowledge of anatomy, physiology and clinical methods of investigation, treatments can be applied to allow the musculoskeletal system to function correctly and give the body opportunity to restore itself to normal balance.

Osteopathy has many techniques, and depending on the patient can provide a balance between massage, deep massage and "clicking" techniques.

Sports Massage uses a variety of massage and stretch techniques in order to achieve optimum sporting function.

For sports persons, sports massage can benefit in a number of ways. Not only can it be used for injury prevention and rehabilitation but it can also benefit before, during and after a sporting event, by preparing the body and aiding its recovery. This is achieved through the following physiological effects:

- Improving circulation & lymphatic flow
- Sedating or stimulating nerve endings
- Increasing or decreasing muscle length
- Assisting the removal of metabolic waste
- Increasing or decreasing muscle tone
- Remodelling scar tissue



### Sports Massage

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## 3D Gait Scan Technology

The RsScan is a footplate and computer software system that allows us to examine the pressure, weight distribution and biomechanics of the foot. It will assist in finding out if foot, ankle, knee, hip and low back pain originate from problems in the foot. As well as helping us target correct treatment and exercise strategies, it also allows for the production of fully customised orthotics (insoles). It will also help in selecting "off the shelf" orthotics too.

The orthotics that we use in combination with the Gait Scan are highly advanced and can be specifically shaped for individual sports and activities to help achieve the best possible performance. For example, the orthotic can be cut to fit a football boot, golf shoe, running shoe or even ski boot.

Again our Sports Specialist Osteopath Jacqui will assess you on the treadmill using pro video analysis. Putting together information from this, 3D Gait Scan and Functional Movement Assessment she will be able to treat and educate you on your way to your new Personal Best!



## Treadmill Analysis



## Functional Movement Assessment & Dynamic Movement Skill

These two modes of sports performance enhancement are taking the US by storm, with many, many pro-athletes and sportspeople using them to increase their performance. The Perrymount is one of the very few clinics in the UK to have this equipment and Jacqui has taken extensive training to utilise it. Of course, on top of this you also have a highly qualified Osteopath observing and training you through functional movements that improve performance, speed, core strength and balance.



## Foundation Training

*“ I thought my lower back would be my Achilles’ heel forever. Foundation Training took that thought out of the equation. I feel strong and flexible, and my posture is better than it has ever been. This stuff is just plain good for you. ”*

*– Matthew McConaughey, Actor*

*“ My back doesn't just feel better, it feels strong. That is a big deal. These exercises let you move with some real confidence. ”*

*- Jeff Bridges, Actor*

*“ I search for the best of the best when it comes to my fitness and conditioning. I have always been in great shape and take pride in maintaining a certain level of fitness, but in the time I have been working with [Foundation Training], I have reached a new level of endurance, stamina, and strength. ”*

*– Derek Fisher, NBA All-Star*

The Perrymount Clinic provides exceptional rehab & performance opportunities with Foundation Training. Jacqui Black is one of only three highly qualified Foundation Trainers in this country.



Bad backs, bum knees, busy brains, lousy posture, and a number of other chronic ailments may very well be the true plague of these modern times. Life in the 21st Century has left many of us, regardless of our level of athleticism, with a body that is sadly and painfully imbalanced.

Enter Foundation Training, our innovative movement improvement program designed specifically to help you roll back the damage done and, more importantly, to help you become that pain-free and more powerful person we all aspire to be.

Getting fit and feeling good doesn't need be a pretentious or complicated undertaking. Foundation Training strips away all the bells and whistles and relies on only you, your movement and your breathing. Through a series of postures, poses, and movements, Foundation Training activates your posterior muscle chain and teaches your body to take the burden of supporting the body out of your joints and put it where it belongs, in your muscles. As an added bonus, when your body starts to get more of what it needs and wants, your brain responds as well. Turns out, fitness via Foundation Training has major side effects, increased self-worth and general happiness.

Foundation Training is truly a universal accessory to a healthy life, once you learn it you will get more out of every move you make and every moment you live.

**Right, let's get on to the information you've downloaded this report for!**

## Let's start with a really interesting point.

Do you know the LEAST likely reason you will get a sports injury?

The least likely reason why sports injuries occur is accident or direct trauma to the body area. Less than 10% of injuries are caused by this.

This means that 90% of sports injuries we as Osteopaths see are from a different reason so let's look at these.



The majority of this has been written by our fantastic Sports Osteopath, Jacqui Black.

The three most common reasons why sports injuries occur are:

1

### AGE & CONDITION

The age and condition of the athlete is a big factor. Every decade that we get older, our soft tissues become less elastic and more rigid. In addition, our soft tissue collects all of our previous injuries and experiences, elastic tissue becomes more fibrotic and scar tissue can develop in-between healthy tissue.

When this scar tissue builds up the ligaments, tendons or muscles are easier to injure if over-strained. Whereas previously a twist or over-stretch would be accommodated well by the elasticity, this time the scar tissue strains, sprains or tears. Imagine a new elastic band, which is stretchy and bounces back easily. Now picture an elastic band that is older and drier; when you stretch it, it doesn't ping back and may even snap. Some of you out there might feel like you are going to snap!

Osteopathy and Sports Massage can help these tissues return to better elasticity and health. It can actually break down the micro scar tissue to allow the body to repair itself correctly.

On top of Osteopathy and Sports Massage you can obviously use stretching, mobility and flexibility exercises as part of your routine for recovery and performance improvement and, of course, injury prevention. At The Perrymount we can help you with this too.



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## 2

## OVERUSE INJURIES

Overuse or doing too much too soon is another big reason why we get injured. This is often seen when the fever hits at different times of year when sporting events dominate, like Wimbledon for example. Everyone takes up their rackets and gives tennis a go! Also at the change of seasons when people get back into rugby, football or cricket and they haven't played much. Often our goals, expectations and desire don't match our body's ability as it comes out of winter and it is common that we try and do too much too soon. This reason, in combination with aging tissue, often results in sports injuries.



### Marathons

A really big instigator of injuries is training for marathons. Marathons are huge events, probably the largest events there are, where the most 'untrained' people take on one of the hardest tests of physical and mental endurance. We know that it is often a larger mental challenge and 'life goal' that you want to achieve by running a marathon. However, your body may not agree! At The Perrymount we can take care of you while you train for a marathon and help you achieve that monumental goal, whether it be a personal best, or simply just to finish!

## 3

## POOR FUNCTIONAL MOVEMENT

Poor functional movement or an existing problem elsewhere in the body causes us to move differently. Our good and bad postural habits throughout our life shape our musculoskeletal system and movement patterns.

Let's look at an example to illustrate this. If you had a previous injury in your shoulder and some mechanical changes have occurred as a consequence, then your movement will be different. You may be holding your neck at a different angle to protect against the shoulder injury. Over time this change can lead to neck pain and if it has crept up slowly you may not even understand why the pain has occurred as there has been no sudden injury to your neck.



Let's look at another common sports scenario we see at The Perrymount. In this one you have a problem in your knee, and you continue to run wearing a support bandage hoping it goes away by itself. Unfortunately our experience shows you will develop an altered running style that could affect your hip or ankle. This happens because your brain tries to protect your knee so you don't move your knee through its normal range. Consequently your ankle or hip has to find that extra movement and your movement pattern becomes abnormal.

Our Osteopaths at The Perrymount are trained to recognise these compensation and poor posture injuries. We will treat you to give immediate symptom relief but also always look to fix the CAUSES behind the painful area. This can include osteopathy, massage, home exercises or group exercises. The best advice is not to ignore a niggle or pain. It's your body's way of telling you something needs attention.

## DID YOU KNOW?

Most injuries are on the side of the body that is "loose" and over compensating. Which means the other side, the pain free side, is tighter and often requires more treatment.

““ When I saw Christian, he was very quick to diagnose the problem, and within just 4 sessions held over the course of the next month had completely reversed the symptoms. I have now been pain free for 6 months since and would have been pain free sooner if I'd just been a bit quicker off the mark.

To anyone in pain with their back and doing the same as me in delaying, don't wait any longer. ””

““ I use Jacqui for Osteo and Anne for sports massage. They are both amazing at what they do as well as being honest, open, friendly and welcoming. I also love the fact that they listen, respect my views as well as wanting to know about my whole well-being rather than just about my back or wherever the issue may be. I was recommended to them by a friend and I have recommended them to others. Additionally Sandra on reception is incredibly friendly and always makes me feel welcome. She's great at being 'front of house'. ””

# The Three Most Common Sports Injuries Osteopaths See

I now want to tell you about the three most common sports injuries we see at The Perrymount Health & Wellness Centre.

## 1

### TENDON PROBLEMS

The most common tendons that develop problems are the Achilles tendon at the back of the ankle, or the Rotator Cuff tendon on the shoulder. Tendon problems can last for up to two years if left untreated. They are normally graded in severity and can range from minor micro tears and inflammation in the tendon, to full ruptures of the tendon. They almost always happen because the force that is going through the tendon is more than it can cope with, or the frequency of activity is far greater than normal, for example if you increase your exercise levels rapidly over a short period of time.



**DID YOU KNOW?**

The Latissimus Dorsi muscle that attaches to the front of your arm actually originates from your low back? This means low back issues can develop into shoulder pain.

## 2

### MUSCLE STRAIN

A muscle strain is often caused repetitive use, or trying to do a movement that is unfamiliar and the strength required is not there. Like tendon muscle strains, they can be graded in severity and should recover much quicker if treated. The muscle has a good blood supply, which is why it responds quicker to treatment than tendons or ligaments.

All muscles are supplied by nerves that originate in the spine. This is why having an Osteopathic spinal treatment is so effective at helping muscular problems, both tight muscles and weak muscles. It has been proven that spinal treatments are effective at helping muscular imbalances even when no pain is actually being felt. This means that regular maintenance treatments are effective at PREVENTING injuries and also to keep the body in the best condition for Personal Best sports performances.



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# 3

## LIGAMENT SPRAINS

Ligament sprains often occur because a joint has moved too quickly in a far greater range than is normal which will cause inflammation and tearing or rupturing. Quite often with runners, an ankle ligament sprain can occur if you roll on your ankle and continue running it off as it doesn't seem too bad. Later on, your ankle swells up to twice its size!

Ankle and knee ligaments are the most common ligament injuries that we see. Severe ankle ligament injuries if left untreated can last for up to two years. Your brain works very closely with ligaments through the nervous system, telling a joint how much to move and feeding back information to your brain.

If injuries are left untreated, very quickly altered movement can occur to protect the injury. This altered movement has an effect throughout the whole body. Imagine that every step you take during the day makes changes through your muscular system. Now realise that you may walk 8,000 steps in a day and you then do another 5,000 in the evening or more at the weekends in sporting activities. These all build up, compounding your injury.

Ligaments have a feedback loop through the nervous system telling our brain what each limb and joint is doing. If this does not work properly, the brain will then adopt the new movement as 'normal'. This means you will be walking, running or cycling with a different motion and you won't even know you are doing it!



I hope you've enjoyed reading this report.

If you have any questions please contact me direct on **01444 410944**  
email **[christian@theperrymount.com](mailto:christian@theperrymount.com)**

And I hope to see you at the Clinic soon.

To Your Health,

*Christian*

