



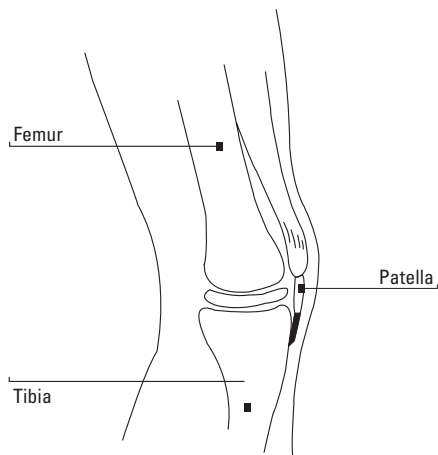
# ATHLETIC THERAPY

*Rapid Return to Work and Play*

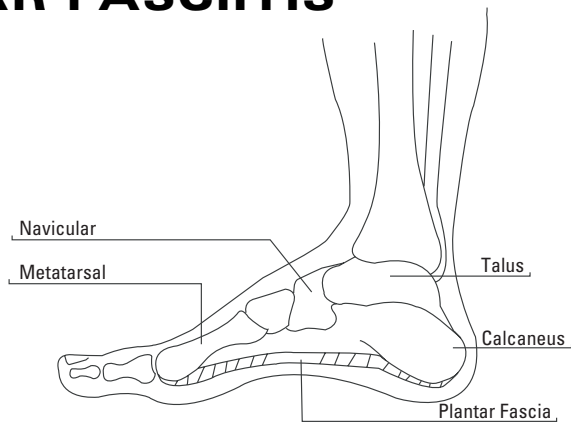
**These common injuries should be managed effectively to ensure optimal recovery and prevent further injury.**

## PATELLOFEMORAL

PAIN SYNDROME

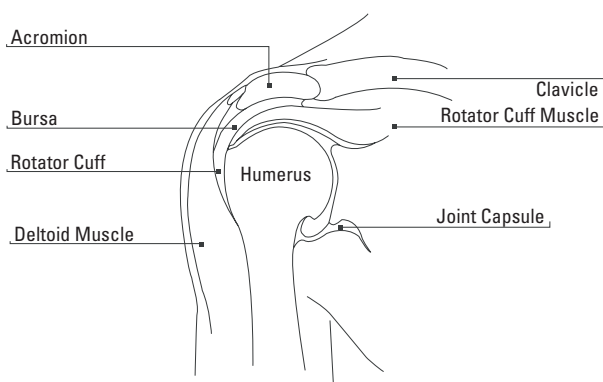


## PLANTAR FASCIITIS



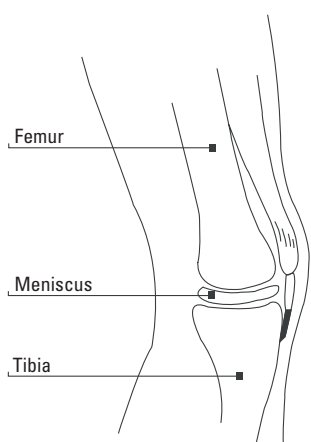
## ROTATOR CUFF

TENDINITIS SHOULDER IMPINGEMENT



## MENISCAL

INJURIES



### What do I do immediately after injury?

It is important to control the amount of swelling, pain and muscle spasm at the injured site. Rest, Ice, Compression and Elevation (RICE) should be followed during the first 48 – 72 hours after an injury. The use of ice can be continued to manage pain.

## REST

Avoid use of the injured site

## ICE

For 15-20 minutes, every two hours

## COMPRESSION

With a tensor bandage (remove when sleeping)

## ELEVATION

Above the level of the heart (for lower extremity injuries)

Seeing your doctor to rule out other possible injuries, and for a referral to an Athletic Therapist for appropriate care is essential for complete recovery.

### What will the Athletic Therapist do for my injury?

The Athletic Therapist will do a thorough assessment of the injury and the entire body to determine the extent of the injury and any related biomechanical imbalances. Athletic Therapists always include rehabilitation exercises in their treatment in addition to traditional therapeutic techniques. This treatment philosophy promotes a faster recovery of your injuries.

### What is Athletic Therapy?

Athletic Therapists are highly trained professional in the complete rehabilitation of sport and non-sport injures. They provide specialized therapy to those injures people interested in the quickest path back to a healthy body. Athletic Therapists incorporate specific activity into the treatment for a safe, fast recovery. Their goal of all athletic therapy treatment is to get you back in to your activity as fast as possible.

Athletic Therapists study at accredited universities across Canada, complete 1,200 hours in practicum and are successful in extensive written and practical exams. They are then entitled to use the term 'Athletic Therapist, CAT(C)'.

For more information:

[www.athletictherapy.org](http://www.athletictherapy.org)



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