

The Treatment and Prevention of Sport Injuries at Lansdowne Physiotherapy

Giving you an
ACTIVE choice



Elke Rudolph
Owner/Principal of
Lansdowne Physiotherapy



Amanda Robertson
Physiotherapist

Playing sport is a great way to keep fit, relieve stress and have fun.

Sometimes, however, injuries do occur.

Common sports injuries include bruises, ligament sprains, muscle strains and joint damage.

These can result from a direct blow or an indirect force, or can come from overuse or training errors.

The good news is that **Lansdowne Physiotherapy can help!**

Most sporting injuries can be treated effectively by physiotherapy. And physiotherapy can help you to get back to sport more quickly and safely.

Through a combination of clinical **education**, advanced postural **knowledge** and hands-on **experience** with sporting teams and individuals, **Amanda Robertson** and **Elke Rudolph** offer a unique perspective on the treatment and prevention of sports injuries.

Our approach to providing effective physiotherapy treatment for sporting injuries will usually include:

- A full assessment of the injury and any other relevant areas
- Diagnosis of the problem
- Assessment of technique and training regimes
- A planned return-to-sport timetable

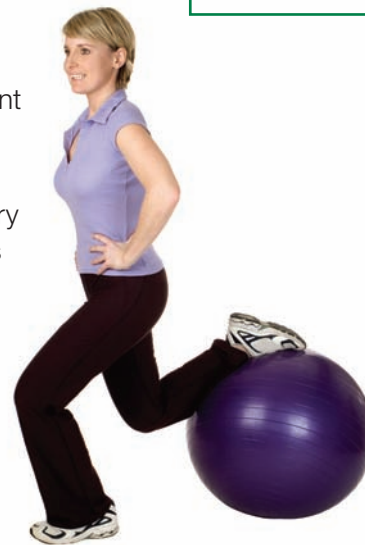
Treatment may involve any of the following:

- Hands-on treatment
- Specific corrective exercises
- Modification of technique and posture
- Electrotherapy, ice, ultrasound, etc
- Protective strapping or bracing

Come and talk to us about how we can help treat your sporting injuries, so we can get you back on track towards your sporting goals!

Offering you a WIDER choice

- Back Pain
- Neck Pain
- Clinical Pilates
- Alexander Technique
- Aquatic Physiotherapy
- Postural Re-education
- McKenzie Technique
- Continence and Pelvic Floor



Lansdowne Physiotherapy & Clinical Pilates

73 Lansdowne Crescent
West Hobart 7000

Phone: (03) 6234 9943

Fax: (03) 6231 9230

info@lansdownephysio.com.au

www.lansdownephysio.com.au

