

# Prevent lower limb injury in the most common sporting codes



## ► Screening Tests Available



Would **YOU** run 14km in a shoe with:

- No midsole?
- No cushioning?
- Limited flexibility?

At Allsports we can provide physiotherapy support to recover from sporting injuries as well as preventative techniques for future performance. We partner with Podiatrists to provide a truly unique and multi-disciplinary approach to patient care. We also offer screening programs to reduce the risk of injury.

### Most common conditions in children and adolescents we treat in parallel:

- Severe's and other growing related pains
- Shin splints
- Leg length difference
- Ankle instability
- Footwear advice and in shoe padding
- 3D custom orthotics / Sporting orthotics
- Ingrown toe nails, callous, warts
- Flat-Feet (pronated position) or In toeing gait (pigeon toe)

### Why undergo a Musculoskeletal screening test with a physiotherapist?

A screen identifies any particular areas of concern that may indicate an increased risk of injury. Evidence suggests that we can significantly reduce both the incidence and severity of injuries that occur.

#### We aim to understand your

- Muscular strength & endurance
- Cardiovascular endurance
- Range of Movement
- Joint Stability
- Areas of tenderness or pain
- Functional Movement Quality/Capacity

### Why undergo a Biomechanical Assessment with a podiatrist?

The study of biomechanics is important when determining what causes injuries and how we can prevent. During the consultation your podiatrist will assess the range of motion in all joints of the feet, and possibly the knees and hips, if clinically necessary. Muscle testing is also undertaken, looking at strength, symmetry and range of motion. Postural assessment will also be carried out, to assess such anomalies in shoulder and hip obliquity and torsion, leg length difference and basic foot and ankle stance position, to name a few. Gait assessment is an integral part of the assessment. Your podiatrist will study the way you walk to assess the efficiency of your gait pattern. Footwear history is also a consideration.

No GP referral required  
Eligible patients can claim treatments with HICAPS

Scan QR code to book online!

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PHYSIOTHERAPY



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PODIATRY



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