



Sports Medicine

Sports Medicine is a science that addresses performance, care and prevention of injury. Adopting a holistic management approach

Sports Medicine encompasses the medical care and welfare of the exercising population. This ranges from planning rehabilitation for patients after surgery to the medical support of world class athletes. Sports Medicine draws on many modalities including, clinical medicine, orthopaedics, exercise physiology, biomechanics, kinesiology, physical therapy, athletic training, massage therapy & sports nutrition, to ensure the best results in the diagnosis and management of problems related to sports and exercise.

How Does it Work?

Sports Medicine uses the latest diagnostic technology to achieve accurate diagnosis and biomechanical analysis. With this information your practitioner can plan an Intensive rehabilitation strategy targeted to your specific injury. Healing and recovery occur more quickly when management is based on informed holistic diagnosis.

After the injury has healed, it is likely to recur unless the root cause has been identified and removed. The root cause may lie in the technique, training method, body structure, muscle strength or flexibility, agility, fitness, position awareness, equipment selection, or training surfaces. Your practitioner will develop a targeted ongoing strategy for you to prevent injury occurring in the future.

The Treatment

Your practitioner will make an accurate diagnosis of your injury. You will be asked how the injury occurred and be given a thorough physical examination. Your practitioner will design a rehabilitation program to suit your specific needs. Your rehabilitation program will be comprised of many components including electrotherapy modalities, correction of malalignment, taping, core stability,

strengthening, agility, proprioception (position awareness), stretching & technique modification.

Do you Suffer From?

Ankle Sprain, Achilles Tendonitis, Back Pain, Concussion, Cuts and Abrasions, Dental damage, Groin Strain, Hamstring Strain, Knee Joint Injury, Nose Injury, Runner's Knee, Shin Splints, Shoulder Injury, Stress Fracture, Tennis/Golf Elbow. Do you want to recover more quickly from surgery? Start an exercise program.

The Benefits

Sports Medicine is suitable for you at any level of fitness or recovery, it is suitable for children, the elderly, as well as elite athletes. Our whole idea is to rehabilitate you as quickly as possible as well as give you advice to lessen the chance of reinjury. Your Rehabilitation Program will improve acute problems such as achilles tendonitis, sprains and brakes, hamstring injuries, knee and joint problems as well as provide you with a long term management program to minimise future injury. At Universal Health, our focus is to optimise performance for people at all levels of activity.

Results You Can Expect

When you leave Universal Health you will be given your Rehabilitation Program, we are here to encourage you to complete your program. Our aim is to get you involved in the healing process, to motivate you, to make the changes necessary to optimise your health and recovery. Some results can be quite dramatic, others will show gradual improvement, and steady progress. Because you will receive a targeted program designed for you, you will notice improvements quickly. In other words, our treatment will help you get back into sports, work or life, a lot sooner!

Tuina 1)

Incorporates acupressure and massage techniques to influence directly the flow of Qi to treat the whole body, mind and spirit allowing the body to heal itself naturally.

Is a traditional Chinese massage therapy that has been used for over 2000 years and is based on traditional Chinese medical theory. 'Tui' means Push and 'Na' means Grasp. Tuina works on the energy channels and points, using the same principles as acupuncture except that the arms, hands, fingers, elbows and knees (rather than needles) are used as tools for treating diseases and illnesses. The effect of Tuina is to disperse and smooth obstructions whilst checking and restraining hyperfunction. It has the potential to release stagnant energy flows and tensions enhancing the healing process.

How Does It Work

Tuina utilizes a variety of hand techniques which are usually practiced on a clothed body, and is the most common type of technique practiced in China. It is 'push and grasp therapy' involving vigorous body massage, employing 'rubbing' and 'one finger massage' and 'kneading' followed by a 'rolling action' to recharge energy levels of your body. By regulating the meridian Qi, it influences functional activities of relative organs and tissues with which meridians connect, regulating your body's physical and pathological states. Essential oils are used in this treatment to relax tensions, promote blood circulation, reduce swelling and pain and release spasm in affected tissues. To relieve ailments and to promote health and harmony, thumb or finger pressure is applied to the acupoints which are spread over both feet and hands conferring identical benefits to those achieved by acupuncture. Tuina is acupuncture without the needles!

The Treatment

Tuina techniques and manipulations are rigorous. You will be seated or laid on a treatment couch, whichever

is the most comfortable position for both you and your practitioner. Tuina treatments are usually applied on top of loose clothing, rarely on bare skin, although herbal rubs can be used in conjunction with a Tuina treatment. Tuina has no adverse side effects, although because it can be a powerful treatment in terms of re-adjusting the functions of the body, some patients may see an increase in frequency of visits to the bathroom; may feel the build up and release of pressure throughout the body; may feel slightly sedated immediately after treatment or may develop slight bruising (as blocked energy gets released). A lot depends on you and the nature and longevity of your condition. Cupping techniques may also be used. This technique stimulates the movement of Qi by the application of suction cups in any areas where there is congestion of Qi, and in which there is muscular tension. Cupping may be used in cases of backache, sprains and soft tissue injuries. For greater and more sustained relief remedial Massage techniques can be utilized. These can be deep, shallow, gentle or strong, and may also involve passive stretching, acupressure and manual techniques.

The Benefits

Tuina rectifies anatomical anomalies, alters the inner energy state of your biological system and adjusts the bio-information of your body. For soft tissue injuries, Tuina relaxes muscles and tendons and promotes smooth passage of the channels. It also promotes blood circulation and removes blood stasis. By protecting health and building up body immunity, it prevents disease at the outset. Tuina works holistically, treating the mind through the body and vice versa.

Tuina 2)

Incorporates acupressure and massage techniques to influence directly the flow of Qi to treat the whole body, mind and spirit allowing the body to heal itself naturally.

The Benefits cont...

Another important effect of Tuina is to bring your awareness back to what is going on within your own body, which is an essential first step in any healing process.

Do You Suffer From ?

Kidney disorders, Indigestion, Nausea and other digestive disorders, Acute pain, Sciatic pain, Sports Injuries, Malfunctioning of endocrine glands, Liver related disorders, Headaches, Migraines, Addictions, Rheumatic pain, Tiredness, Lack of energy, Stress, Emotional problems. Prolapsed discs, Frozen shoulder, Diarrhoea, High blood pressure, Knee problems, Tendonitis, Tennis / golf elbow, Sun stroke, Menstrual problems, Fatigue, Insomnia, Constipation, Vomiting, Enuresis, Convulsions, Common cold, Asthma, Fever, Whooping cough, Chicken pox, Infantile short sightedness.

Results You Can Expect

The effects of a typical Tuina treatment can last up to 3 to 4 days or one treatment may be sufficient to clear any obstruction. As a result of your massage you will feel increased suppleness in your body and a reduction of the kind of tension, both physical and mental which is the precursor of many modern day ailments. You will also feel that stress and pain have been alleviated, and you will feel a sense of deep relaxation, health and wellbeing. Massage also stimulates the body's circulation, optimizing the delivery of fresh oxygenated blood to the body and brain. This will increase your sense of vitality & mental clarity. The elimination of toxins from your body and the strengthening of your immune system make Tuina an invaluable tool of preventive health care.