



Universal Health™



## 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!

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

[www.universalhealth.com.au](http://www.universalhealth.com.au)

Restore + Sustain + Advance

