Therapy and Rehab
Physiotherapy

PATIENT INFORMATION

Sport injury physiotherapy

Assessment · Treatment · Rehabilitation

Expert rehabilitation to help you recover, perform safely and get back to the sport or activity you enjoy.



WHAT WE HELP WITH

Assessment and rehabilitation for a wide range of sport and activity-related problems:

- Muscle strains and tears
- Ligament sprains, including ankle and knee
- Tendon-related problems, including Achilles and patellar tendon pain
- Joint pain and overload injuries
- Return to sport after injury or surgery
- Injury prevention and performance support

A personalised approach to your sport and activity goals

Sport and activity-related injuries can affect your training, performance and everyday life. Our physiotherapy service aims to understand what has happened, identify factors that may be contributing to your symptoms and support your recovery towards the activities that matter to you.

We will assess your condition, discuss your goals and agree a tailored rehabilitation plan. This may include exercise, appropriate treatment, practical advice on training and load management, and a progressive return to sport or activity.

REDUCE PAIN

Manage symptoms and support recovery so you can move more comfortably.

RESTORE FUNCTION

Rebuild strength, flexibility, control and sport-specific movement.

RETURN TO SPORT

A structured, progressive approach to help you return safely and confidently.

REDUCE RE-INJURY RISK

Advice and exercises to support ongoing physical capacity and performance.

Sport injuries we can help you manage

Sport injuries can happen during training, competition or everyday physical activity. Some occur suddenly, while others develop gradually through repeated loading or changes in training demands. The right approach depends on your symptoms, the structures involved and your individual circumstances.

Muscle strains and tears

Injuries that may cause pain, tenderness, swelling, bruising or difficulty using the affected muscle. Rehabilitation can help restore movement, strength and tolerance to activity.

Ligament sprains

Injuries such as ankle or knee sprains may affect joint comfort, stability, confidence and movement. Rehabilitation may address swelling, mobility, strength, balance and control.

Tendon-related pain

Problems affecting tendons, including the Achilles or patellar tendon, can be associated with pain during or after activity. Management may include carefully progressed loading and activity modification.

Joint pain and overload injuries

Symptoms may develop when the demands placed on a joint exceed its current capacity. Assessment considers activity levels, movement, strength and other relevant factors.

Running, field and court sport injuries

We can assess problems affecting people who run, jump, change direction, accelerate, decelerate or take part in repeated training and competition.

Return after injury or surgery

Rehabilitation can help rebuild physical capacity following an injury or operation, taking account of medical advice, surgical precautions and the demands of your chosen activity.

Your first physiotherapy assessment

Your physiotherapist will ask about how and when the problem started, your training and activity history, previous injuries, general health and what you want to return to. We will discuss the demands of your sport or activity and any upcoming events or goals.

Depending on your presentation, the assessment may consider:

MOVEMENT

Relevant joint movement, flexibility and movement patterns.

STRENGTH

Muscle strength, endurance and capacity for activity.

BALANCE AND CONTROL

Coordination, stability and control relevant to your injury.

SPORT DEMANDS

The physical tasks and loading required for your chosen activity.

Assessment is individualised. Not every test or technique is suitable for every person. Your physiotherapist will explain the assessment and seek your consent before examination or treatment.

Your treatment and rehabilitation plan

A successful return to sport is about more than waiting for pain to settle. Your rehabilitation plan will be based on your assessment, your goals and the physical demands of the activities you want to resume.

1 Advice and activity modification

Understand your injury and how to manage training, competition and everyday activity while symptoms settle and capacity improves. Advice may include temporary changes to volume, intensity, frequency or type of activity.

2 Progressive strengthening

A tailored exercise programme may build muscle strength, endurance and the capacity of the injured area to tolerate increasing demands.

3 Mobility and movement retraining

Where appropriate, exercises may address joint movement, flexibility, coordination and movement patterns relevant to your injury and sport.

4 Balance, stability and control

Rehabilitation may include balance, landing, single-leg control, agility or other exercises where these are relevant to your needs and sport.

5 Sport-specific rehabilitation

As appropriate, your programme may progress towards running, jumping, sprinting, changing direction, throwing, lifting or other sport-specific tasks.

6 Return-to-sport planning

Your physiotherapist can help you plan a gradual return, monitor your response to increased activity and identify areas that may need further work.

A staged return to sport

Returning too quickly can mean that the injured area is not yet ready for the demands of full training or competition. Your physiotherapist will discuss appropriate progressions with you. The timing and stages will depend on the injury, your response to rehabilitation and any relevant medical or surgical advice.

Where can you receive physiotherapy?

Physiotherapy can be arranged according to your needs and the service available in your area.

Clinic appointments	Assessment and treatment at our clinics in Leeds, Wakefield and Batley, subject to appointment availability.
Home and community visits	Where appropriate, physiotherapy may be provided in your home or community setting. Clinic-based assessment may be more suitable for some sport-specific tests or rehabilitation activities.
Before your appointment	Bring details of relevant scans, reports, medication, previous treatment or any advice you have received from a doctor or specialist. Wear comfortable clothing and, if useful, bring your usual training footwear or equipment.

Your role in recovery

Your involvement between appointments matters. Follow the agreed programme, record how you respond to training and exercises, and tell your physiotherapist about changes in symptoms. Do not push through new or worsening symptoms without discussing them.

Frequently asked questions

Should I stop all exercise if I have an injury?

Not necessarily. The right level of activity depends on the injury and your symptoms. Your physiotherapist can help you understand what may need to be modified and what activity may remain appropriate.

How long will it take to return to sport?

Recovery time varies according to the injury, its severity, your general health, the demands of your sport and your response to rehabilitation. Your physiotherapist will review progress and discuss realistic stages.

Can physiotherapy help prevent another injury?

A tailored programme may address strength, movement, training load and other relevant factors. No programme can guarantee that an injury will not happen again.

Do I need a scan before physiotherapy?

Not everyone needs imaging. Your physiotherapist will assess your presentation and explain if further medical assessment or investigation may be appropriate.

Can I have physiotherapy after surgery?

Yes, where appropriate. Rehabilitation should follow the advice and precautions provided by your surgeon or treating team.

WHEN TO SEEK URGENT MEDICAL HELP

Seek urgent medical assessment after a significant injury if you have severe pain, obvious deformity, inability to bear weight or use the affected limb, rapidly increasing swelling, or new numbness or loss of circulation. If you think you may be experiencing a medical emergency, call **999**. For other new, severe or concerning symptoms, contact **NHS 111** or your GP as appropriate.

Start your recovery journey

TELEPHONE 07908 331234

EMAIL info@therapyandrehabphysiotherapy.com

WEBSITE www.therapyandrehabphysiotherapy.com

CAMPAIGNS www.therapyandrehab.uk

SCAN TO BOOK

This leaflet provides general information and does not replace an individual clinical assessment or medical advice. Treatment recommendations depend on your presentation and relevant medical guidance.