



# Osteopathy and Sports

An effective approach to prevention and treatment of injury

Whether you are a weekend warrior or an elite athlete, your osteopath can help prevent and treat many sporting injuries, including:

- shoulder, elbow and wrist injuries
- knee, leg and ankle injuries
- hip and pelvic injuries
- neck and back strains

Reduced joint or muscle flexibility will affect your performance and may increase your chances of injury. If you do become injured, your osteopath is highly trained to facilitate a return to optimal function and prevent compensatory strains from occurring. This will minimise re-injury and allow a quicker return to physical activity.



[www.osteopathsnz.co.nz](http://www.osteopathsnz.co.nz)



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Osteopathic treatment involves safe, gentle and effective manual techniques, including soft tissue stretching, mobilisation, inhibition and manipulation. These techniques assist in improving elasticity, strength, endurance, mobility and performance.

Your osteopath can also provide advice on training, or what types of activities might be appropriate if you have an existing condition and would like to begin exercising.

Osteopaths are registered ACC treatment providers, and are able to lodge an ACC claim for your sports injury without a GP referral.

For further information and to find an osteopath near you visit [www.osteopathsnz.co.nz](http://www.osteopathsnz.co.nz)