

Services

Sports Injury

Sports Injury Rehabilitation in Brampton

Sports injuries are common among novice and extreme athletes. Rehabilitation is a procedure that aids in the healing of both minor & major athletic mishaps. A variety of therapies (hands-on manual therapy, shockwave therapy, deep tissue massage, acupuncture, strengthening plan) are used as a complete cure. Reducing pain & restoring mobility are the two primary goals of this treatment. A full recovery is possible, but only if you give rehabilitation the time it deserves.

All of us here at Finch Gate are well-versed in the various stages of an athlete's rehabilitation. You can get back to your sport without worrying about more injuries if you have our team handle your physical treatment.

We plan your sports injury rehabilitation

Inflammation & discomfort are usually the first two signs of sports injuries. Therefore, physiotherapy will initially focus on these issues. To help limit the time spent with stiff joints and the potential for long-term damage, our physical therapist will start you with range of motion exercises as soon as your body is ready to handle them.

You should be able to start doing some exercise now that the swelling is going down. Our physical therapist will begin range-of-motion exercises as soon as your body is able to handle them. Getting your mobility back means you can work on getting stronger. You can trust that our team will guide you through safe yet challenging strength and endurance routines.

When developing a plan to improve your coordination, our physical therapist will evaluate your current level of skill as well as the nature of your sport and the specific movements required of its participants. Our physical therapist will have you do a series of exercises designed to get you back into game shape as quickly as possible. You can't go back to work until you've fully recovered from your injury.

Are you a possible candidate?

It is necessary for anyone who sustains a sports-related injury. All athletes, from beginners to pros, are eligible. There are also people who get hurt while getting hurt at the gym, or getting hurt while dancing. When it comes to recovering from common sports injuries, physiotherapy is essential. It aids in restoring mobility & function and lessens the likelihood of further injury.

Conditions treated by sports rehabilitation include –

any form of arthritis, shoulder, neck, hip, and back pain, acute and chronic injuries, ankle and knee sprains, soft tissue, muscle, and ligament injury, cartilage, calf, athletic, elbow injuries, acute sports injuries, groin, ankle, hamstring strains, ACL tears, pulled muscle, rotator cuff injuries, tennis and golfer's elbow, etc.

Rehabilitation for sports injuries can go beyond these issues. Consult our physiotherapist if you're unsure whether your condition is treatable.

Our best sports injury rehabilitation approach

On your first visit, you can expect a thorough consultation & physical examination. Do not bring your past medical reports (if any). Your physical therapist at Finch Gate will assess your case properly (the nature of the injury, any contributing factors, whether you need other type of therapy, type of sports you play, and so on...) before developing a program specifically for you. We will consider all aspects of your life. The frequency of physiotherapist appointments for sports injury rehabilitation will vary from patient to patient.

The following are typical methods of treatment –

- Manual physiotherapy
- Deep massage
- Acupuncture
- Ultrasound & laser therapy
- Shock wave therapy
- Agility, endurance, and strength Building
- Taping & Bracing
- In-house exercise

You can trust that our experts will give you the care you need to heal from your injury. We are well-versed in caring for any and all sports injuries.