

# WADHURST AND CROWBOROUGH PHYSIOTHERAPY AND SPORTS INJURY CLINIC



## FROM PAIN TO PERFORMANCE AND INJURY PREVENTION

Physiotherapists are experts at injury rehab, but we are also here to help with those niggling pains. Lots of people who regularly work out ignore their discomfort during or after exercise. However there is no need to have any pain at all.

Most likely it is a fairly simple question of muscle groups around a joint contracting out of time with each other. Muscles need to coordinate to keep your joints moving correctly. If muscle coordination is altered, for example through over exercising certain muscles compared to others, through injury or from poor posture, you often see that joints start to move differently and start to “wobble”. This can cause strain in the joint and surrounding tissues and cause pain. We then need to start with simple exercises to retrain muscle function.

Once you know what’s causing your pain we can set up an exercise plan-together with the trainers at Uplands gym to deal with your particular problem. The benefits are quickly noticeable and once achieved you will be able to train pain free, get faster and work those weights harder.

We can also work preventatively. Regular ‘body service’ prevents possible injuries. “It’s like teeth. If a dentist maintains your oral health, they can prevent a cavity occurring” You don’t need a referral from your GP for a physiotherapy Assessment. Simply book yourself in and get yourself checked out!

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### **Testimonial:**

“Since starting regular ‘body checks’ at Wadhurst physio clinic, I’ve made huge improvements in strength and mobility. The regular maintenance and treatments have kept me injury free for the first time in years!”