

Injury Rehabilitation and Massage

Don't be fooled by the term 'Rehabilitation'. At motive8 we believe that prevention is better than the cure.

Visit us for a Body MOT and our therapists will identify any muscle imbalances that might be causing that occasional niggle. Let us identify and correct the imbalance before it becomes an injury.

Too late? Already have an injury? Our therapists will complete a full assessment of your injury and identify the best course of treatment for you. We not only treat the injury but ensure that the original cause is corrected to prevent future recurrence. We utilise corrective exercise to achieve fully functional fitness to ensure the best possible quality of life for you.

Having an operation? Let us prepare you for it by getting your muscles as strong as possible beforehand and speed up the recovery process by a specifically prescribed post-operation programme.

Key Questions:

What can our therapists treat?

Our Sport Rehabilitation Therapists BSc (Hons) are qualified to treat a range of injuries in all areas of the body. They are specialists in functional movement related to different sports and activities. Our caseload consists of back pain, muscular and ligamentous injuries, post fracture rehab, pre and post operation rehabilitation and general niggles resulting from postural/mechanical imbalances.

What treatment techniques do your Sports Rehabilitation Therapists use?

Our therapists use a range of techniques to address your injury from soft tissue work, muscle energy techniques (MET), mobilisations, ultrasound & inferential to taping and corrective exercise.

How quickly can I be seen?

We will try and see you as quickly as possible. If not the same day, we will endeavour to book you an appointment within 48hrs.

How long does each session last?

The initial consultation lasts approximately 1 hour and involves your assessment and an agreed treatment plan with your therapist. Follow-up sessions can be 30mins, 45mins or 1 hour, depending on your agreed treatment plan.

How often will I need to attend?

This is essentially your choice and will depend on the extent of your injury. You will agree a treatment plan with your therapist and initially you may attend more regularly to ensure good progression. Sessions will become further apart as you improve and are able to self-manage your rehabilitation with exercises at home.

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What do I wear?

It is likely that the therapist will need to assess the area of the injury and others that may be associated. You may be asked to undress to your underwear, or bring some loose fitting shorts. During treatment you will be covered up as much as possible with towels. You may also be asked by the therapist to bring along exercise clothing or your current pair of trainers if running is your source of pain.

Massage

Massage helps the body recover from the stresses of strenuous exercise and facilitates the rebuilding phase of conditioning. The physiological benefits of massage include improved blood and lymph circulation, muscle relaxation, and general well being. These, in turn, lead to removal of waste products and better cell nutrition, normalization and greater elasticity of tissues, deactivation of trigger points and faster healing of injuries. It all adds up to relief from soreness and stiffness, better flexibility and less potential for future injury.

In addition to general recovery, massage may also focus on specific muscles used in a sport or fitness activity. For example, areas of greater stress for runners and dancers are in the legs, for swimmers in the upper body, for tennis players in the arms. These areas are more likely to be tight, lose flexibility and develop trigger points.

Sports massage is an individually tailored deep form of soft tissue massage that uses specific techniques to treat the stress, tension and fatigue that occurs through occupational, recreational or sporting activities.

Sports massage involves deep tissue massage. This is a massage of the deeper layers of muscle and connective tissues of the body. Deep tissue massage is used to provide a more therapeutic effect by massaging all layers from superficial (closer to the skin) to deep (closer to the bone). It relaxes the muscles, rids them of built-up metabolic waste and helps release adhesions between muscles and connective tissues. It can also be useful in preventing scar tissue build-up from injuries to muscles and connective tissues.

Myofascial release is another highly effective form of soft tissue manipulation (massage) used by the therapist to help release of restrictions in the fascia (a widespread connective tissue) that can cause tightness and pain. The gentleness of Myofascial Release makes it the treatment of choice for many who suffer from Fibromyalgia, some forms of Scoliosis and Torticollis, Lupus, Myofascial Pain Syndrome and other painful conditions.

Trigger Point Therapy

This type of therapy targets the sore, irritable, tight spots in muscles called trigger points. These trigger points can cause the whole muscle to be tight and painful or even restrict movement in a joint. They can also "refer" pain to areas elsewhere in the body. In Trigger Point Therapy, the massage therapist carefully seeks out the trigger points in muscles and uses specific compression techniques which allow the trigger points to release.