

# SOUTHPORT PHYSIOTHERAPY CENTRE

3E/34 High Street, Southport QLD 4215 P: (07) 5591 4333 F: (07) 5591 4399

## 7 Reasons why you should have your injury assessed as soon as possible.

It is surprising how many people put up with pain or injury without having any formal assessment or treatment. They hope or think the injury will improve on its own. If you are injured, here are some things to consider.

### 1. **Missing a more serious injury.**

It is especially important that you don't miss a more serious injury. For example, you may think you have a simple sprained ankle, but how do you know you haven't sustained a small fracture? Dealing with a more serious injury inappropriately can have dire consequences.

### 2. **Untreated injuries may become chronic or cause recurrent problems.**

This is especially the case if you don't regain your full pain-free range of movement, or you don't regain muscle strength. It is common to see simple injuries, such as a sprained ankle, left untreated. It is also common to see these untreated injuries giving rise to ongoing weakness, stiffness and pain. This is also the case with more complex problems such as back or neck injuries.

### 3. **Early treatment may lead to quicker resolution.**

Improving your range of pain-free movement, increasing your muscle strength and learning how to perform activity (without aggravating your injured part) are important goals of treatment. Achieving them will help you feel better again and enable you to return to work or sport as quickly as possible.

### 4. **Injury affects your performance.**

You may have a minor injury that doesn't stop you performing activity, but prevents you performing at your peak.

For example, that stiff neck stops you serving with your normal power during tennis. Fixing your neck can result in you playing better again.

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## **5. Ongoing injury can make you feel “blue”.**

Some of the by-products of injury can include ongoing pain, reduced fitness, inability to work (and earn income), inability to reach your sporting goals and inability to participate in social activities. These can lead to a negative mental state and even depression. Having treatment to overcome injury as quickly as possible can “short circuit” the development of other problems in your life.

## **6. You may have underlying biomechanical problems that need to be addressed.**

An injury may be the by-product of long-standing biomechanical problems. If left unaddressed, these problems may lead to ongoing problems or injuries in other parts of your body. For example, fallen arches may lead to foot, ankle, shin, knee, hip and back problems. The onset of your shin pain may lead to the discovery of your “flat feet”. Correction of this may help you overcome your current injury, but also it may help prevent future problems elsewhere.

## **7. Learn what you can do to overcome your injury faster and how to manage the injury yourself.**

One of the most important aspects of physiotherapy management is helping you to learn self-care. This may be in the form of exercises, strapping/bracing, learning how to modify your activity to reduce overstressing your injured part and learning self-treatment strategies.

**If you have an injury, even a minor “niggly” injury, have it assessed by your physiotherapist as soon as possible.**

