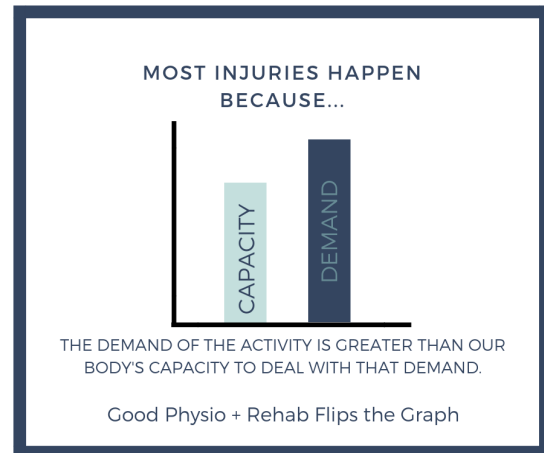


INJURY PREVENTION + TAPING

Amy O'Shannassy (B. Physio)

WHY INJURIES HAPPEN

- Accident or trauma
- Demand of activity > body's capacity
- Doing too little for too long
- Doing too much too soon



INJURY PREVENTION + REDUCTION



- Active and sports specific warm up
- Optimal strength and fitness
- Optimal sleep
- Optimal stress levels
- Get your load right
- Adequate cool down

RETURN TO PLAY



- Need to meet hurdle requirements to earn the right to progress
- Minimal pain
- Optimal movement patterns and strength
- Get through minimum of 2 training sessions before match ready

FUNDAMENTALS OF TAPING

- Itchy red or hot take it off
- Rigid Tape = Mechanical correction
- Improves the joints 'proprioception' (knowing where it is in space)
- Most likely loses it's mechanical correction after 10min. So why does it continue to work, enhanced proprioception and increased confidence... (placebo?)

