

Sports and Remedial Therapies

What is sports and remedial therapy

Sports and remedial therapy is the skilled application of a wide range of therapeutic techniques to treat a client in the prevention, recognition and treatment of a sports related injury and to help support the client to maintain and improve fitness. The therapist may also use techniques to assist a client with injuries or trauma sustained both in a sports and non sports situation such as at home or at work.

A sports and remedial therapy session

The first visit should include an initial consultation, and a development of a tailored programme to meet the needs of the client.

A general as well as specific assessment will be carried out using a number of techniques including posture analysis, gait analysis, biomechanical assessment, as well as soft tissue assessment.

Treatment may include soft tissue therapy, mechanical and electrical treatment, cryotherapy and/or thermotherapy, and mobilisation.

Aftercare advice will normally be given to the client to improve the health of the whole body as well as improve and strengthen an injured area.

How sports and remedial therapy may help

Sports and remedial therapy may be used to treat an extensive range of injuries and illness. The therapy works on all physiological systems, particularly the neuromuscular and circulatory systems.

It is also thought that sports therapy will assist in the mental preparation of athletes for sporting participation.

Sports and remedial therapy could help clients of any age, and infirmity.

Choosing a practitioner

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of sports and remedial therapy.

The Complementary and Natural Healthcare Council (CNHC), which is supported by the Department of Health, can help when choosing a practitioner. We ensure that all sports and remedial therapy practitioners on our register have trained to the national standards of practice in sports and remedial therapy. The CNHC has established a voluntary register for complementary healthcare practitioners who all meet the required levels of competence and practice.

Further information and registered practitioners can be found on the CNHC website www.cnhc.org.uk or by contacting the sports and remedial therapy forum at www.srtc.org.uk.