



7 COMMON SPORTS INJURIES & HOW WE TREAT THEM EFFECTIVELY

WRITTEN BY:

LINDY GRIFFITHS

OWNER & PRACTITIONER:

CHICHESTER PHYSIO



 01243 783040

 chichesterphysio.co.uk

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Chichester Physio Ltd

**Hammers Farm Offices Main Road, Bosham,
Chichester, United Kingdom, PO18 8EH**

**info@chichesterphysio.co.uk
chichesterphysio.co.uk**

 **01243 783040**

 **chichesterphysio.co.uk**



ABOUT LINDY GRIFFITHS OF CHICHESTER PHYSIO

Lindy Griffiths is the founder of Chichester Physio, specialising in the treatment of a wide range of musculoskeletal conditions. She provides expert care for individuals of all ages, from athletes to those suffering from chronic pain or injury. Lindy focuses on helping patients with back and neck pain, sports injuries, joint issues and post-surgical rehabilitation. She works closely with individuals dealing with mobility limitations, providing tailored physiotherapy plans that promote long-term recovery and enhanced quality of life. Lindy is dedicated to ensuring her patients regain full movement, strength, and confidence, enabling them to return to their everyday activities and improve their overall well-being. With a compassionate, hands-on approach, she uses evidence-based techniques to assess and treat each patient, ensuring the most effective care. Lindy is passionate about educating her patients on how to prevent future injuries, improve posture, and maintain an active, healthy lifestyle. Through her expertise and personalised approach, she empowers individuals to take control of their recovery and continue living life to the fullest.

INTRODUCTION

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This report has been created to share insights into 7 common sports injuries and the proven strategies we use to treat them effectively. Whether you're dealing with lingering pain or a fresh injury, these tips are designed to provide relief and help restore your active lifestyle.

The injuries and treatments covered are presented in no particular order, but they all have one key feature in common: they work.

There's a great saying: "Small hinges swing big doors." Often, the simplest changes lead to the greatest improvements. While I may not know your specific injury history, my years of experience have shown that these principles are highly effective in reducing pain and restoring function.

Imagine how much better you'd feel by applying just one of these strategies each day. Within weeks, you could have a set of powerful tools to manage and eliminate pain, allowing you to move freely and without discomfort.

My challenge to you: Commit to trying at least one of these strategies daily. Most take just a few minutes and won't cost you anything—except your dedication to improving your health.

Keep reading below...

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1. Tendinopathy

Tendinopathy refers to the inflammation or degeneration of tendons, often caused by repetitive overuse or improper loading during sports activities. This condition is common in runners, jumpers, and athletes in racket sports. Our approach to tendinopathy focuses on:

- Identifying and correcting movement patterns that contribute to the issue.
- Gradual loading exercises to rebuild tendon strength and resilience.
- Hands-on techniques like soft tissue mobilisation and joint adjustments to alleviate pain.
- Education to prevent recurrence by improving technique and managing training loads.



2. Rotator Cuff Injuries

These injuries involve damage to the muscles or tendons surrounding the shoulder joint, often caused by repetitive overhead motions or sudden trauma. Symptoms include pain, weakness, and limited range of motion. Treatment involves:

- Thorough assessment of shoulder mechanics to determine the extent of injury.
- Targeted strengthening and mobility exercises to restore stability and function.
- Hands-on therapy to reduce inflammation and improve flexibility.
- Guidance on modifying activities to avoid further aggravation.



3. Runner's Knee (Patellofemoral Pain Syndrome)

A common issue among runners, this condition arises from improper tracking of the kneecap over the femur, leading to pain during activities like running or climbing stairs. Recommended treatments:

- Assessing biomechanics to identify contributing factors, such as foot posture or hip weakness.
- Implementing strengthening exercises for the quads, hips, and glutes.
- Providing stretching techniques for tight structures like the IT band.
- Offering advice on footwear and running technique for long-term relief.



4. Ankle Sprains

Ankle sprains occur when the ligaments surrounding the ankle joint are overstretched or torn, often during sudden twists or falls. Without proper care, they can lead to chronic instability. Our approach involves:

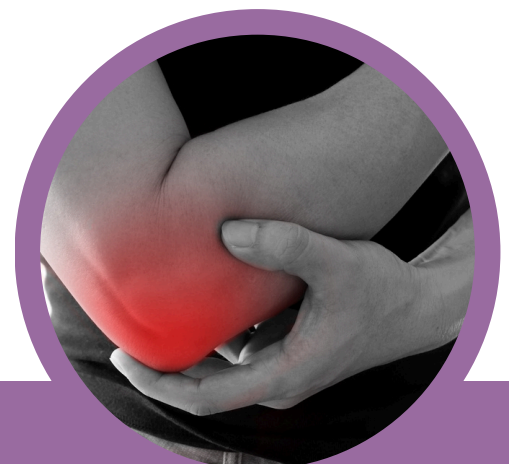
- Initial pain management using hands-on techniques and mobilisation.
- Progressive balance and proprioceptive exercises to restore ankle stability.
- Strengthening exercises for the surrounding muscles to prevent reinjury.
- Education on bracing or taping techniques for support during recovery.



5. Tennis and Golfer's Elbow (Epicondylitis)

These conditions result from overuse of the forearm muscles, causing pain and tenderness around the elbow. Treatments involved:

- Manual therapy techniques to release tight muscles and improve circulation.
- Prescribed stretches and strengthening exercises tailored to the forearm muscles.
- Guidance on modifying activities to reduce strain on the affected area.
- Long-term prevention strategies to maintain optimal arm function.



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6. Sciatica

Sciatica involves irritation or compression of the sciatic nerve, causing pain radiating from the lower back to the legs. It can significantly limit daily activities.

Treatments include;

- Nerve mobilisation techniques to improve flexibility and reduce compression.
- Core stability exercises to support the spine and reduce nerve irritation.
- Postural assessments and corrections to prevent future episodes.
- Education on ergonomic adjustments at home or work to minimize stress on the back



7. Hamstring Strains

Hamstring strains occur when the muscles at the back of the thigh are overstretched or torn, often during sprinting or sudden changes in direction. Our approach involves:

- Assessing the severity of the strain and creating a phased recovery plan.
- Gradual stretching and strengthening exercises to restore muscle flexibility and function.
- Functional training to safely reintegrate the hamstring into sports-specific movements.
- Advice on warm-up routines and muscle conditioning to prevent recurrence.



WHAT TO DO NEXT

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Combine all the “tips” in this Special Report with a trip to see a hands-on physical therapist, and you will see a dramatic drop in the pain and stiffness you are currently suffering from.

Note: The current model of high patient volume, adjustment only, and/or passive-only treatment strategies, such as heat/ice, electric stimulation, etc. will NOT provide you with the hands-on type of treatment that you need to END your pain as fast as you would hope.

Additionally, physical therapy corporations that run more like a “mill” will not provide you with the intimate, personalized type of care your pain requires. Your sports injury is unique to YOU, and therefore, your treatment plan should be suited and tailored to YOU and YOUR needs. We can help end your pain and get you back to living your life FREE from the burdens of discomfort.

One last thing about “mill-like” PT clinics: They certainly help a lot of people via conservative means, which we’re grateful for. Truly, We are. They help a lot of people. If you are looking for a “mill-like” clinic, our office is NOT for you.

At our office, we also believe you could do more. While we will do our absolute best efforts to evaluate your current physical capabilities and limitations, we almost always err on the side of MORE. As in, more reps, more weights, and more time spent under tension – all under medical supervision. Oftentimes, our patients leave their appointments sweating.

If that is the type of “PT” you are looking for, CONGRATS, our office was built with patients like you in mind. Call today on 01243 783040.

CONCLUSION

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So, there you have it: 7 things that you can do TODAY to improve your mobility, reduce stiffness, and END your sports injury pain. While there is so much more that can be explored to manage and relieve injury pain effectively, these fundamental principles, when applied consistently and with discipline, will make a noticeable difference in the quality of your life.

In the weeks ahead we'll be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how care and physical medicine can make a huge difference to your life.

We hope this is the beginning of a great, long-term relationship where myself and Chichester Physio become the source of leading-edge health advice for you and make a real difference in your life.

Limited Time Offer:

Call our office now at 01243 783040 to book your Complimentary Discovery Visit with me. During this time, you will come to our clinic, meet me, and see if our office is the place where you can see yourself achieving your healthcare goals. Most patients enter our clinic with a Discovery Visit and leave valuable members and brand enthusiasts of our office because we are committed to providing a "WOW" experience for each patient, each visit.

Again, call our office at 01243 783040 and mention this FREE Report to receive your FREE Discovery Visit.



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HEALTH DISCLAIMER

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We strive to provide accurate and helpful information regarding pain and injury management in this guide.

However, the examples and advice presented are based on common conditions we see at Chichester Physio and may not apply to every individual. Each person's symptoms, recovery process, and response to treatment can vary due to factors such as medical history, genetics, lifestyle, stress levels, adherence to treatment, and other psychosocial influences.

This guide is not a substitute for professional medical advice. A full assessment and physical examination by a qualified practitioner are necessary to determine the most appropriate treatment for your specific condition. While we provide expert care at Chichester Physio, the recommendations here cannot replace an in-person consultation.

We encourage you to seek professional assessment before beginning any new treatment plan. There is always a risk of further injury if appropriate medical guidance is not followed. No guarantees of specific results are made or implied in this report.

THANK YOU

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Thank you for taking the time to read this report. We understand that living with pain can be challenging, and we are here to support you every step of the way. If you would like to learn more about how Chichester Physio can help, we invite you to book a **FREE telephone consultation** with our expert team.

How Do I Book My Free Phone Consultation?

Booking your **FREE telephone consultation** is quick and easy!

Visit our website: chichesterphysio.co.uk

Call us directly: 01243 783040

Our expert team is ready to help you take the first step towards relieving pain and restoring movement. Don't wait—book your consultation today!

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