Chichester PHYSIO LTD

7 COMMON SPORTS INJURIES & HOW WE TREAT THEM EFFECTIVELY



WRITTEN BY:

LINDY GRIFFITHS

OWNER & PRACTITIONER:

CHICHESTER PHYSIO

01243 783040

chichesterphysio.co.uk

COPYRIGHT NOTICE

02

2025 Chichester Physio Ltd.

All rights reserved.

Any unauthorised use, sharing, reproduction, or distribution of these materials by any means—electronic, mechanical, or otherwise—is strictly prohibited. No portion of these materials may be reproduced in any manner whatsoever without the express written consent of the publisher.
Published under the Copyright Laws of the United Kingdom by:

Chichester Physio Ltd

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

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



ABOUT LINDY GRIFFITHS OF CHICHESTER PHYSIO

Lindy Griffiths is the founder of Chichester Physio and an experienced physiotherapist specialising in musculoskeletal care. She works with people of all ages, from athletes recovering from injury to those managing persistent back, neck or joint pain. Her clinical interests include sports injuries, rehabilitation after surgery and helping patients regain mobility and confidence.

Lindy and her team take time to understand each person's symptoms, goals and daily activities. Their approach combines thorough assessment, hands-on treatment, individualised exercise and practical advice. The aim is to help patients move more comfortably, build strength and return to the activities that matter to them.

Lindy believes that clear explanations, compassionate care and collaboration are essential parts of successful rehabilitation.

INTRODUCTION

04

This guide introduces seven common problems that can affect people who play sport or exercise regularly, alongside practical ways physiotherapy may support recovery. The information is general: the best treatment depends on the injury, its severity and your individual circumstances.

Whether you are recovering from an ankle sprain, shoulder pain or a hamstring strain, it is often possible to remain active while adjusting your training and building capacity gradually. A clear assessment can help you understand which activities to modify and which exercises may be helpful.

Small, consistent changes can make a difference. Appropriate strengthening, rehabilitation exercises and a gradual return to activity are often important. Hands-on treatment may also help selected symptoms as part of a wider rehabilitation plan.

The seven examples on the following pages are not diagnoses or instructions to push through pain. If symptoms are severe, worsening or not improving, seek an individual assessment before progressing exercises.

Read on to explore these common injuries and the approaches we use at Chichester Physio.

7 COMMON SPORTS INJURIES AND HOW WE TREAT THEM EFFECTIVELY

05

1. Tendinopathy

Tendinopathy describes pain and reduced function involving a tendon. It is often associated with changes in training load, although several factors can contribute. It may affect the Achilles, patellar or other tendons.

Our approach:

- Assess symptoms and the activities that aggravate them.
- Use a progressive strengthening and tendon-loading programme.
- Adjust training load to allow recovery while maintaining activity where possible.
- Consider hands-on treatment for associated discomfort, alongside exercise.

Tendon rehabilitation usually requires gradual progression over time; there is no single exercise or treatment that suits everyone.



7 COMMON SPORTS INJURIES AND HOW WE TREAT THEM EFFECTIVELY

2. Rotator Cuff Problems

Pain around the shoulder can arise from several structures, including the rotator cuff tendons. Symptoms may include discomfort with lifting, reaching or sleeping on the affected side.

Our approach:

- Assess movement, strength and daily activity limitations.
- Build shoulder strength and mobility with tailored exercises.
- Provide hands-on treatment to ease symptoms when appropriate.
- Adapt aggravating activities and gradually return to sport.

A physiotherapy assessment helps guide rehabilitation and identify when further investigation may be needed.



7 COMMON SPORTS INJURIES AND HOW WE TREAT THEM EFFECTIVELY

3. Runner's Knee (Patellofemoral Pain)

Patellofemoral pain commonly causes discomfort at or around the kneecap, particularly with running, stairs or squatting. Its causes vary and are not always due to incorrect kneecap tracking.

Our approach:

- Explore training history, symptoms, strength and movement patterns.
- Build capacity in the quadriceps, hips and gluteal muscles.
- Modify running or other loading temporarily if needed.
- Review footwear and training progression when relevant.

A gradual return to running is usually preferable to relying on stretching alone.



7 COMMON SPORTS INJURIES AND HOW WE TREAT THEM EFFECTIVELY

4. Ankle Sprains

An ankle sprain occurs when ligaments are stretched or injured, commonly after a twist or awkward landing. Some sprains need assessment to exclude a fracture or more significant injury.

Our approach:

- Assess pain, swelling, stability and ability to bear weight.
- Introduce appropriate movement and progressive strengthening.
- Use balance and coordination exercises during rehabilitation.
- Consider support or taping when clinically indicated.

Rehabilitation aims to restore confidence and reduce the risk of future sprains; recovery times vary.



7 COMMON SPORTS INJURIES AND HOW WE TREAT THEM EFFECTIVELY

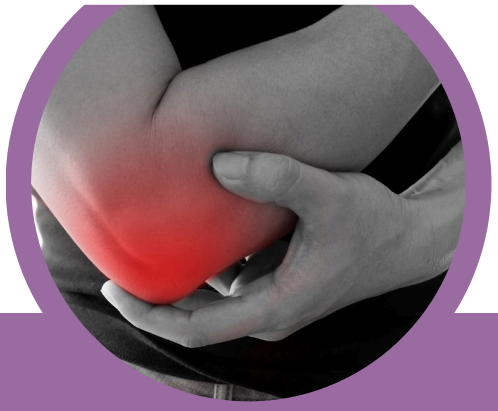
5. Tennis Elbow and Golfer's Elbow

These conditions usually involve pain related to the tendons around the outside or inside of the elbow. They can affect athletes as well as people who perform repetitive gripping tasks.

Our approach:

- Identify activities and loads linked to the symptoms.
- Introduce progressive forearm and grip strengthening.
- Use hands-on treatment for symptom relief where helpful.
- Plan a gradual return to work, sport or other activities.

Tendon-related elbow pain can take time to settle, so progression should be guided by symptoms and function.



7 COMMON SPORTS INJURIES AND HOW WE TREAT THEM EFFECTIVELY

6. Sciatica

Sciatica describes pain, sometimes with tingling or numbness, that travels into a leg. It is not exclusively a sports injury and can have different underlying causes.

Our approach:

- Assess symptoms and screen for concerning neurological changes.
- Offer appropriate movement advice and exercise progression.
- Consider hands-on physiotherapy for associated back or muscle symptoms.
- Explain when medical assessment or imaging may be needed.

New bladder or bowel disturbance, saddle numbness or rapidly worsening leg weakness requires urgent medical attention.



7 COMMON SPORTS INJURIES AND HOW WE TREAT THEM EFFECTIVELY

7. Hamstring Strains

Hamstring strains may occur during sprinting, sudden acceleration or changes of direction. Rehabilitation depends on the severity and location of the injury.

Our approach:

- Assess the injury and plan a graded rehabilitation programme.
- Progress strengthening through suitable ranges and loads.
- Reintroduce running, speed and sport-specific movements gradually.
- Discuss training load and return-to-sport criteria.

A structured progression can help restore function and confidence, but timeframes differ between injuries.



WHAT TO DO NEXT

12

Recovering from a sports injury is rarely about one treatment or a quick fix. The most useful approach usually combines a clear diagnosis, appropriate exercise, load management and a plan that reflects your goals.

At Chichester Physio, our physiotherapists take time to understand how your injury happened, what activities are difficult and what you hope to return to. We assess strength, movement and function, then explain the findings in straightforward language.

Your rehabilitation may include hands-on treatment to help with pain or mobility, progressive strengthening, balance work, activity modification and sport-specific exercises. We will help you increase activity at a sensible pace and review the plan as you improve.

Some injuries recover quickly; others require longer rehabilitation or further investigation. We will not promise a pain-free outcome or recommend pushing through worsening symptoms. Where appropriate, we can advise when a GP or specialist assessment is needed.

If you would like advice about a sports injury, call Chichester Physio on 01243 783040. Our team can discuss the most appropriate next step.

CONCLUSION

13

This guide has introduced seven common problems seen in active people: tendinopathy, rotator cuff pain, runner's knee, ankle sprains, elbow tendon pain, sciatica and hamstring strains. Each may benefit from a different combination of advice, strengthening and rehabilitation.

An accurate assessment matters. Pain does not always tell us exactly which tissue is involved, and exercises that help one person may not be suitable for another. Taking a measured approach, monitoring symptoms and progressing activity gradually can all support recovery.

At Chichester Physio, we offer individual assessment, hands-on physiotherapy and personalised rehabilitation to help you work towards returning to the activities you enjoy.

We hope you have found this report useful and would be pleased to help you decide on the next step.

Your Free Discovery Visit

If you would like to discuss a sports injury, you can arrange a free Discovery Visit with one of our physiotherapy team. We will listen to your concerns, explain our approach and discuss suitable next steps.

Call 01243 783040 and mention this free Sports Injuries report to arrange your visit.

HEALTH DISCLAIMER

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



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!