

Dr. Paul DeFrino MD

Sports Injuries Rehabilitation After Injury or Surgery

Rehabilitation is a treatment designed to facilitate recovery after an injury or surgery. It is aimed at enabling you to restore your physical and psychological function so you can get back to the things you want to do quickly. Dr. DeFrino uses the most up to date and best available scientific evidence to achieve this. He has strong working relationships with local therapists and they work together to ensure you have the best possible outcome.

Rehabilitation works on various physical activities and exercises to help you regain the strength and motion in the muscles and joints affected. A program may include stretching and strengthening exercise, massage, stability exercises, physiotherapy and heat.

General Rehabilitation Advice Following an Injury

The most common and immediate treatment modality that provides relief from pain is the RICE treatments, comprising of rest, ice, compression, and elevation. RICE treatment is used for acute injuries such as sprains, strains, bruises, and contusions. Crutches, splints, or wheelchairs are used as immobilizers to provide support and prevent movement of the injured joint. Medicines are used to relieve pain.

Various techniques employed in rehabilitation program have a significance of their own in improving the physical performance and restoring normal activity.

- Stretching and bending exercises improve flexibility of the muscles at the injured site
- Massage techniques relieves the tension of the muscles and improves the blood flow to the site of injury
- Stability exercises restore the functions and movements of the broken or injured joints
- Use of appropriate gears corrects biomechanical dysfunction for an instance, specially designed Running shoes are recommended for sports individuals with foot injury. Gradually increase the time and intensity on exercises

- Exercise and walking regularly
- Choose correct footwear
- Eat healthy and drink plenty of water prior to rehabilitation session

General Rehabilitation Advice Following Surgery

Post-operative rehabilitation programs are recommended to strengthen the muscles, relieve pain, ensure mobility and restore to normal functional capability. Common rehabilitation procedures include

- Rest, Ice, Compression, and Elevation (RICE)
- Non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen to reduce pain
- Usage of crutches, braces, or heat retainer to prevent movement of injured site
- Physiotherapy