



SPORT REHABILITATION AT THE MSK CENTRE

Sports rehabilitation is a specialized area of healthcare dedicated to helping athletes recover from injuries, prevent injuries, and improve their athletic performance. At the MSK Centre, our multidisciplinary team of healthcare practitioners offer a wide range of services for athletes, including:

- Sport-Specific Physiotherapy
- Pelvic Floor Physiotherapy for Athletes
- Sport-Specific Chiropractic Care
- Sports Medicine
- Orthopaedics
- Bracing
- Concussion Screening and Management
- Throwing Mechanics

Sports rehabilitation is a critical component of an athlete's overall performance and longevity in their sport. It involves a combination of medical treatments, physiotherapy, and fitness training to recover from injuries, restore function, and prevent future injuries. Here's an overview of the key components:

- **Personalized Plan:** Creating a tailored rehabilitation program based on the specific needs of the athlete and the injury.
- **Multidisciplinary Approach:** Involvement of various healthcare professionals including physiotherapists, pelvic floor physiotherapists, chiropractors, massage therapists, orthopaedic brace technicians, kinesiologists, orthopaedic surgeons, and sports medicine doctors.

- **Evidence-Based Practice:** Utilizing treatment methods and techniques that are supported by scientific research.
- **Therapeutic Modalities:** Application of heat, ice, ultrasound, and electrical stimulation to reduce pain and inflammation.
- **Manual Therapy:** Techniques like massage, mobilization, and manipulation to improve mobility and reduce pain.
- **Exercise Therapy:** A structured exercise program to restore strength, flexibility, and endurance.
- **Strength Training:** Exercises to rebuild muscle strength and enhance power.
- **Sport-Specific Training:** Exercises that mimic the movements and demands of the athlete's sport to ensure they are ready for return to play.
- **Injury Education:** Teaching athletes about their injury and how to avoid future occurrences.
- **Preventive Strategies:** Implementation of preventive measures like proper warm-up routines, technique correction, and use of protective gear.
- **Return to Play Performance Testing:** Assessing the athlete's readiness through functional and performance-based tests.

Sports rehabilitation is a comprehensive process aimed at helping athletes recover from injuries and return to their sport at their pre-injury level, or better. By focusing on a holistic approach that includes assessment, treatment, physiotherapy, conditioning, and psychological support, sports rehabilitation professionals can ensure athletes recover fully and perform optimally.

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SPORTS MEDICINE

Sports Medicine is the field of medicine that diagnoses and treats sport and exercise-related injuries. Sport medicine physicians have specialized training and skills that allow them to help patients of all ages, at all levels of sport, return to athletics.



ORTHOPAEDICS

Orthopaedic surgeons specialize in the diagnosis, treatment, prevention, and rehabilitation of injuries, disorders, and diseases of the musculoskeletal system. This system includes bones, joints, ligaments, tendons, muscles, and nerves. Orthopaedic surgeons use both surgical and non-surgical methods to treat a wide range of conditions affecting the musculoskeletal system. Orthopaedic surgeons play a vital role in the treatment, rehabilitation, and prevention of musculoskeletal injuries in athletes. Their expertise in diagnosing and managing injuries related to bones, joints, ligaments, tendons, and muscles is crucial for athletes who often face high physical demands.



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PELVIC FLOOR PHYSIOTHERAPY FOR ATHLETES

The pelvic floor plays a crucial role in athletic performance and overall health for athletes. Strengthening and maintaining the pelvic floor can enhance performance, prevent injuries, and address specific issues such as incontinence. Here's a concise guide on the importance and management of pelvic floor health for athletes:

- **Individualized Programs:** Customized exercise and rehabilitation programs based on individual needs and sport-specific demands.
- **Core Stability:** The pelvic floor is a critical component of the core, providing stability for the pelvis and spine during athletic activities.
- **Injury Prevention:** A strong pelvic floor can prevent injuries by supporting the lower back and pelvic organs.
- **Performance Enhancement:** Proper pelvic floor function can improve athletic performance by enhancing stability, balance, and power transfer.
- **Functional Training:** Incorporating pelvic floor exercises into athletic training routines, such as during squats or core exercises.
- **Urinary and Bowel Control:** Preventing issues such as urinary incontinence, which can be common in high-impact sports.
- **Awareness:** Teaching athletes about the importance of pelvic floor health and how to engage these muscles correctly.
- **Preventive Measures:** Advising on proper warm-up routines, hydration, and avoiding high-impact activities if symptomatic.

Maintaining pelvic floor health is essential for athletes to optimize performance, prevent injuries, and address issues such as incontinence. By integrating pelvic floor exercises, proper breathing techniques, and core strengthening into their routine, athletes can enhance their overall stability, power, and well-being. Regular assessments and personalized programs are key to ensuring effective management and prevention of pelvic floor-related issues.

 **MSKcentre**
comprehensive musculoskeletal care



CALL 855.428.2013 OR VISIT WWW.MSKCENTRE.CA FOR MORE INFO

DR. ANDREW ROBB (BA, DC, FRCSS(C), CSCS, ACU., ART®)

- Chiropractic Sports Specialist
- Certified Strength and Conditioning Specialist
- Medical Acupuncture Provider
- Active Release Techniques Provider
- University of Waterloo, Director of Player Development Men's Baseball Program
- Ontario Nationals Baseball Program – Director of Player Development

Dr. Andrew Robb holds a Bachelor of Arts degree from Brock University where he also was a member of the Canadian National Championship Baseball Team (98'). He went on to graduate from the Canadian Memorial Chiropractic College and eventually post graduate fellowship from the Royal College of Chiropractors of Sports Sciences.

Clinical care provided by Dr. Robb is the administration of advanced physical and orthopaedic assessments, including movement-function based approaches, and advanced rehabilitative therapeutics (ART, Medical Acupuncture, Shockwave, Marc Pro, etc).

Dr. Robb has published in various scientific journals in the areas of soft tissue therapy, baseball biomechanics, shoulder injuries, and functional movements. He is on clinical faculty at the Canadian Memorial Chiropractic College. Dr. Robb has collaborated with various organizations including, Canadian Athletic Coaching Centre, American Sports Medicine Institute, and Major League Baseball (Arizona Diamondbacks and Toronto Blue Jays).

Dr. Robb has an area of focus in baseball pitching biomechanics, throwing injuries, and sports performance and conditioning. He is a consultant for various baseball organizations and is also involved with Major League Baseball conducting research. Dr. Robb is published in various sport science journals on the topics of baseball injuries and hip function. He is an international lecturer on the topics of arm, hip, baseball related injury mechanics and movement sciences. He has lectured at Laurier University, Canadian Memorial Chiropractic College, and Brock University.



“The staff and services here are wonderful! If you have an injury nagging you give them a try. I highly recommend them! One stop shop from massage, chiropractic, bracing, and of course physiotherapy.”



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HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

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Or request an appointment online at

www.mskcentre.ca

CONCUSSION SCREENING AND MANAGEMENT WITH DR. JOEL DIXON

Concussion therapy is a highly useful tool in supporting recovery from traumatic brain injury. During concussion therapy, you can expect to work with a highly experienced chiropractor, Dr. Joel Dixon, who will evaluate the severity of your brain trauma and match you with tricks and strategies that can reduce discomfort, alleviate painful symptoms, and improve brain functionality.

How Can Concussion Therapy Help?

All too often, it is these symptoms of a concussion that lead to the greatest amount of discomfort. Chiropractors can encourage a return to feeling better by restoring strength to atrophied muscles and improving endurance. This can be achieved through a combination of muscle-training activities and aerobics. However, it is important to work with a chiropractor to gain guidance regarding the best activities for your body's needs post-brain injury. Working out alone could lead to further injury. Your chiropractor will customize a strength-building program for you, as well as guide you through aerobic moves that help you regain that endurance.

What Does Concussion Therapy Look Like?

In addition to chiropractic care, additional strategies like targeted massage, specific stretches, and even eye motion training can help to reduce headaches and nausea following a concussion. Chiropractic programs for concussion often build in vestibular therapy, which helps you orient yourself during periods of lightheadedness or loss of balance. To encourage this your chiropractor will introduce you to specialized activities, including fixing your gaze at a certain point in the distance, or using simple movements to stabilize your core and limbs. With proper guidance, these strategies can be incredibly helpful in improving your quality of life as you recover from a concussion.



THROWING MECHANICS WITH DR. ANDREW ROBB

MSK Chiro offers a preventative screening and sports performance enhancement program with Chiropractic Sports Specialist, Dr. Andrew Robb. This treatment program is designed to teach the techniques needed in order to prevent injuries.

This program will teach patients how to execute the proper techniques for throwing, including, but not limited to:

- Leading with the hips

- Keeping your hand over the top of the object being thrown
- Keeping the elbow up during the acceleration phase
- Closing the shoulder when accelerating the throw
- Moving the leading foot towards "home"

Another important part of injury prevention is understanding proper warmup drills. Our Chiropractic Sports Specialist, Dr. Robb, will also teach these to patients, which they will be able to use before each game. While throwing mechanics obviously focus heavily on the arms, we will also provide warmups focusing on the trunk and legs, as these are also important parts of the body involved in the throwing process. Sport-specific throwing drills will also help you clearly understand the proper technique when throwing and will enhance your muscle memory of those proper mechanics.



BRACING FOR ATHLETES

Bracing is a valuable tool for athletes to prevent injuries, stabilize joints, reduce pain, and aid in the recovery process for athletes. Proper selection, fitting, and use of braces can significantly enhance an athlete's performance and safety. Bracing is commonly used in various sports to address both acute injuries and chronic conditions.



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