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Sent: Tuesday, 4 September 2012 1:23 PM
To: Steve
Subject: PHYSIO4ALL E-News: Soft Tissue Injuries

Learn about Soft Tissue Injuries! Do you have Tight Muscles?? Special Offer - 50% OFF an Initial Assessment to the first 10 Callers!!

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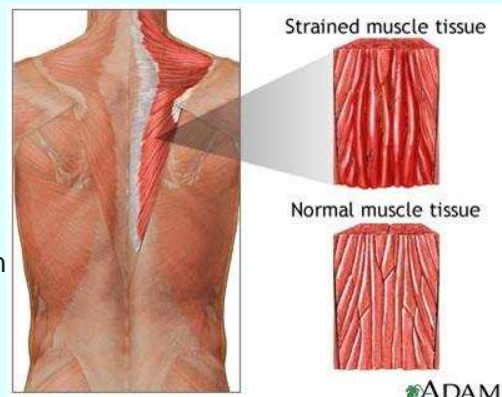
PHYSIO4ALL E-News

Soft Tissue Injuries

- *Muscles strains*
- *Tendon Strains*
- *Ligament Sprains*
- *Joint Surface Injuries*
- *Treatment*

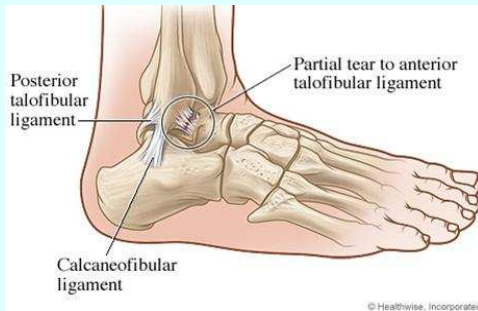
Muscle Strains

Muscle *strain*, sometimes referred to as a *pulled* muscle, is a muscle injury produced by excessive tensile stress that causes fibers to tear within the tissue. A muscle strain does not usually result from excess stretch alone, but from a combination of tension and contraction.



Tendon Strains

repeated loads have caused damage to the fibers of the tendon. There is a distinct difference in the recovery time of a one off strain as opposed to a repetitive injury.



Ligament Sprains

Ligament sprains are generally caused when a joint is pushed past its end of range and the ligament is placed on excessive stretch. The most common is an ankle sprain where the ATF Ligament has fibers damaged due to

excessive load.



Joint Surface Damage

Joint surfaces can include menisci (knee joint), cartilage, periosteum (like a skin on the bone) and other forms.

Damage to these cells can be done by impact forces or repetitive wear and tear. Joint surfaces rarely have a good blood supply because of their action and this leads to very slow recovery.

Treatment

- Massage to decrease muscle spasm
- Deep Tissue Friction Massage to reduce scar tissue formation
- Acupuncture and Ultrasound to increase blood flow
- Functional exercises and stretches to restore proper mechanics
- Identifying and fixing any biomechanical deficiencies that led to the injury, this is the most important factor in long term, repetitive strain and wear and tear injuries.
- Anti-inflammatories and analgesics if necessary



Check out a great YouTube video: [Physiotherapy North Sydney: Straight Knee and Bent Knee Calf Stretch](#)

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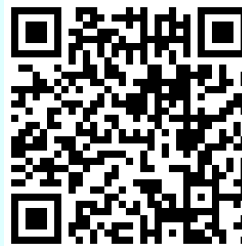
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