

Patient Resources: Sports Injury & Management

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Common sports injuries

<https://puresportsmed.com/blog/posts/common-sports-injuries-and-how-to-treat-them>

Managing acute soft tissue injuries

<https://puresportsmed.com/blog/posts/soft-tissue-acute-injury-management>

What is tendinopathy

<https://puresportsmed.com/blog/posts/what-is-tendinopathy>

Why do we get muscle cramps

<https://physiostrength.club/2018/07/13/why-do-we-get-muscle-cramps/>

Taping in Sport

<https://puresportsmed.com/blog/posts/taping-for-lower-limb-sports-and-musculoskeletal-injuries>

What is soft tissue therapy?

<https://puresportsmed.com/blog/posts/what-is-soft-tissue-therapy>

What is an osteopath?

<https://puresportsmed.com/blog/posts/what-is-an-osteopath>

Beginners guide to osteopathy

<https://puresportsmed.com/blog/posts/beginners-guide-to-osteopathy>

What is cupping?

<https://puresportsmed.com/blog/posts/what-is-cupping>

What are stress fractures?

<https://puresportsmed.com/blog/posts/what-are-stress-fractures>

Growing pains

<https://puresportsmed.com/blog/posts/growing-pains>

What makes joints pop and crack?

<https://physiostrength.club/2019/04/16/what-makes-joints-click-pop-and-crack-and-is-it-a-sign-of-disease/>

Sports science applications

<https://ylmsportscience.com/>

Running

Postponed marathon

<https://puresportsmed.com/blog/posts/postponed-marathon-what-to-do-now>

Recovering from running injuries

<https://puresportsmed.com/blog/posts/recovering-from-running-injuries>

Tip from running coaches to smash your personal best

<https://puresportsmed.com/blog/posts/tips-from-running-coaches-to-help-you-smash-your-marathon-pb>

Preventing marathon injuries

<https://puresportsmed.com/blog/posts/preventing-marathon-injuries-with-soft-tissue-therapy>

Prevention of injuries in marathon runners

<https://puresportsmed.com/blog/posts/prevention-and-management-of-overload-injuries-sustained-by-marathon-runners>

Avoiding an injury when running

<https://puresportsmed.com/blog/posts/avoiding-injury-when-training-for-a-long-distance-running-race>

How to prepare for a marathon

<https://puresportsmed.com/blog/posts/how-to-prepare-for-a-marathon>

Marathon preparation

<https://puresportsmed.com/blog/posts/running-and-science-preparing-for-the-marathon>

Ready for your marathon training plan

<https://puresportsmed.com/blog/posts/all-about-that-base-how-to-be-ready-for-your-marathon-training-plan>

Exercises for marathon preparation

<https://puresportsmed.com/blog/posts/are-you-marathon-ready>

Individualised running training plans

<https://puresportsmed.com/blog/posts/event-preparation-the-importance-of-individualised-training-plans>

Nutrition for marathon training

<https://puresportsmed.com/blog/posts/eat-your-way-to-the-finish-line-marathon-training-2>

Nutrition and marathon training questions answered

<https://puresportsmed.com/blog/posts/your-marathon-nutrition-questions-answered>

Post Marathon tips

<https://puresportsmed.com/blog/posts/post-marathon-recovery>

Soft tissue therapy for marathon training

<https://puresportsmed.com/blog/posts/soft-tissue-therapy-marathon-training>

Soft tissue therapy for runners

<https://puresportsmed.com/blog/posts/soft-tissue-therapy-for-runners>

Pilates and marathon training

<https://puresportsmed.com/blog/posts/has-your-marathon-preparation-been-interrupted-by-niggles-or-injury-how-pilates-can-help>

Exertional leg pain in marathon runners

<https://puresportsmed.com/blog/posts/exertional-leg-pain-in-marathon-runners>

Ultramarathon Survival guide

<https://puresportsmed.com/blog/posts/the-worlds-highest-ultramarathon-survival-guide>

Footwear for running

<https://puresportsmed.com/blog/posts/choosing-the-right-marathon-running-shoe>

Footwear for running and trekking

<https://puresportsmed.com/blog/posts/hoka-one-one-mens-challenger-atr-5-review>

Footwear – Shoe Drop

<https://puresportsmed.com/blog/posts/what-is-shoe-drop-and-why-is-it-important>

Cycling

Bike fitting

<https://puresportsmed.com/blog/posts/bike-fit-do-i-need-one>

Bike choice and bike fit

<https://puresportsmed.com/blog/posts/bike-choice-and-bike-fit--how-to-get-it-right>

Cycling in winter

<https://puresportsmed.com/blog/posts/new-entry>

Cycling flexibility exercises

<https://puresportsmed.com/blog/posts/top-five-off-the-bike-flexibility-exercises>

Training and soft tissue therapy in cycling

<https://puresportsmed.com/blog/posts/train-like-a-tour-de-france-competitor-the-benefits-of-soft-tissue-therapy-physiotherapy>

Cyclist are you well enough to train

<https://puresportsmed.com/blog/posts/cyclists-are-you-well-enough-to-train>

Cycling and lower back pain

<https://puresportsmed.com/blog/posts/lower-back-pain-is-the-bike-to-blame>

Triathlon

Top tips for a triathlon

<https://puresportsmed.com/blog/posts/top-tips-you-should-read-before-signing-up-to-ironman>

Soft tissue therapy for Triathlon

<https://puresportsmed.com/blog/posts/soft-tissue-therapy-for-ironman-preparation>

Football

Soft tissue therapy in football

<https://puresportsmed.com/blog/posts/how-soft-tissue-therapy-can-help-the-pain-of-football-training>

Rugby

Rugby strength training

<https://puresportsmed.com/blog/posts/pre-season-rugby-training-single-leg-work>

Mobility in Rugby

<https://puresportsmed.com/blog/posts/pre-season-rugby-training-mobility>

Snow Sports

Concussion in snow sports

<https://puresportsmed.com/blog/posts/concussion-in-snow-sports>

Injuries on the slopes

<https://puresportsmed.com/blog/posts/ski-fitness-what-happens-if-you-get-hurt-on-the-slopes>

How to get fit for the slopes

<https://puresportsmed.com/blog/posts/ski-fitness-how-to-get-fit-for-the-slopes>

Concussion in Sport

Concussion in sport

<https://puresportsmed.com/blog/posts/the-5th-international-conference-on-concussion-in-sport-whats-new>

Concussion to dementia fact or fiction

<https://puresportsmed.com/blog/posts/concussion-to-dementia-fact-or-fiction>

Recovery time following concussion

<https://puresportsmed.com/blog/posts/predicting-recovery-time-following-concussion>

Post traumatic migraines and concussion

<https://puresportsmed.com/blog/posts/persistent-symptoms-post-concussion-are-we-misdiagnosing-post-traumatic-migraines-as-concussions>

Effects of concussion on the sensorimotor system

<https://puresportsmed.com/blog/posts/the-effects-of-concussion-on-the-sensorimotor-system-overlapping-pathologies>

Effects of concussion on reaction times

<https://puresportsmed.com/blog/posts/the-effects-of-concussion-on-central-and-peripheral-vision-reaction-times>

Imaging for concussion

<https://puresportsmed.com/blog/posts/can-we-use-functional-and-metabolic-imaging-to-diagnose-concussion>

Vestibular Rehabilitation for concussion

<https://puresportsmed.com/blog/posts/the-concussion-blog-vestibular-rehabilitation-in-the-management-of-concussion-does-it-work>

Concussion prevention

<https://puresportsmed.com/blog/posts/concussion-prevention-through-strengthening-can-it-work>

Concussion and cervical spine

<https://puresportsmed.com/blog/posts/the-concussion-blog-how-much-is-the-cervical-spine-contributing-to-concussion-symptoms>

Active recovery following concussion

<https://puresportsmed.com/blog/posts/the-concussion-blog-the-importance-of-an-active-recovery-following-concussion>

Understanding concussion

<https://puresportsmed.com/blog/posts/understanding-concussion>

Golf

Golf strength and conditioning

<https://puresportsmed.com/blog/posts/golf-training-on-tour>

Modern Golfer

<https://puresportsmed.com/blog/posts/the-modern-golfer-series-part-1-injury-prevention>

Exercises to improve you golf swing

<https://puresportsmed.com/blog/posts/3-exercises-to-improve-your-golf-swing>

Soft tissue therapy of golf

<https://puresportsmed.com/blog/posts/the-benefit-of-soft-tissue-therapy-for-golfers>

Endurance Sports

Strength for endurance athletes

<https://puresportsmed.com/blog/posts/strength-for-endurance-athletes>

Obstacle course racing

<https://puresportsmed.com/blog/posts/getting-over-the-hurdle-obstacle-course-racing>

Strength and conditioning for endurance athletes

<https://puresportsmed.com/blog/posts/strength-conditioning-for-endurance-athletes-during-the-off-season>

Pilates

Pilates at Pure Sports Medicine

<https://puresportsmed.com/blog/posts/pilates-at-pure-sports-medicine-what-makes-us-different>

Pilates

<https://puresportsmed.com/blog/posts/spring-into-pilates>

Yoga

Yoga for injury prevention and recovery

<https://puresportsmed.com/blog/posts/benefits-of-yoga-for-injury-prevention-and-recovery>

Tennis

Common injuries in Tennis

<https://puresportsmed.com/blog/posts/three-of-the-most-common-injuries-in-tennis-players>

Other sports related information

Relative energy deficiency (REDS)

<https://puresportsmed.com/blog/posts/relative-energy-deficiency>

Return to sport/dance with REDS relative energy deficiency in sport

<https://nickykeayfitness.com/tag/reds/>