

## INJURY OF THE MONTH

### Shocking football injury wins Mark a \$30 Voucher!

Mark sustained this nasty lateral ligament sprain during a football match. Mark presented to the practice several weeks after the sprain not happy with the treatment he was getting by an alternative Physiotherapist in central Perth (we will not mention names!).



Physiotherapist Rebecca had these comments: "This sprain was one of the worst I have seen! As you can see from the images the swelling had got to the "pitting oedema" stage meaning a complex scar was forming under the skin. There is a real danger of long term stiffness and loss of function if this severe sprain was not managed effectively. The other Physio persisted with the same treatment weeks down the track when it was obviously not helping. We worked hard using hands on techniques to restore full range of motion and assist with the rejuvenation of ligament tissue. Rehabilitation then focused on restoring strength and high level balance to prevent re-injury."

We are pleased to inform you all that Mark responded well to the treatment he received at Bodysmart and was able to return to football, squeezing a few games in before the end of the season. Mark pockets a tidy \$30 gift voucher for his photos – Well done Mark!

If you have images of nasty injuries that you think have what it takes to knock Mark off the winner's board send them in to [reception@bodysmart.com.au](mailto:reception@bodysmart.com.au). Published images will receive a \$30 gift voucher.