



THE LEADING SPORTS INJURY REHABILITATION CENTRE IN OAKVILLE

At Dorval Physiotherapy and Wellness, our mission is to help you reach your maximum physical potential. We provide high quality, effective treatment to hundreds of clients throughout Oakville, Mississauga, Burlington and elsewhere.

We make the extra effort to understand your concerns. Your time with us is always a one-on-one appointment with a highly experienced physiotherapist to ensure the best results.

The founders of Dorval Physiotherapy and Wellness, Ali Maleki and Libor Divilek, have almost three decades of combined experience.

Dorval Physio is registered with the College of Physiotherapists of Ontario and the Canadian Physiotherapy Association.

Dorvalphysio

Because You Deserve It

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MANAGEMENT OF ACUTE SPORTS INJURIES



COMPRESSION & ELEVATION

Healthy tissue maintains a dynamic balance of fluid movement between the vascular system and interstitial tissue spaces. Following injury, the inflammatory response disturbs this balance. Increased fluid movement from the blood vessel results in bleeding and swelling at the injury site.

Compression forces the fluid (swelling) from the injury site towards capillaries, lymph vessels, or tissue spaces away from the damaged area. Inflammation control by limiting the accumulation of blood, swelling and pain promotes optimal healing. The compressive socks/bandages should provide firm graduated compression that configures and moulds to the tissue.

Elevate your injured extremity in a way that it is higher than your heart for optimal drainage.

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PROTECTION & REST

During the acute stage Protection/Rest is necessary. Movements in the plane of injury should be avoided. Brace or Therapeutic Taping will help to stabilize the tissue and prevent excessive movement. However, the duration, degree and mode of (Protection/Rest) are dependent on the severity of the injury. Research clearly demonstrates that low level mechanical loading (exercise) is crucial for effective healing of damaged tissues and helps minimise the risk of abnormal crosslink (adhesion) formation.

As healing progresses, so should the level of loading – but under close supervision of your physiotherapist. The level of loading and speed of progression should be guided by the severity of the injury and tissue type performed within the limits of pain. New tissue is fragile and easily interrupted; consequently, loading too early or too intensively may delay healing of the injured tissue.



ICE

Ice should definitely be applied after an acute injury for first 2-3 days at least. Crushed ice or frozen ice pack appear the preferred choices, complete with a damp thin barrier between ice and skin. Typically, a duration of between 10 and 15 minutes for superficial tissue, and between 20 and 25 minutes for larger areas of deep tissue.

The maximum duration should not exceed 30 minutes for safety. Intermittent ice applications of approximately every 2 hours immediately after injury appear optimum and safest.

\$20 off

Initial Assessment and Treatment
DorvalPhysio.ca

If there is a suspicion of a bone fracture, please contact your doctor or consult a physiotherapist. When you get injured, contact Dorval Physiotherapy and Wellness for Assessment and Treatment. **You can also book a 15 minutes free consultation** to assess the tissue damage and plan further steps towards your recovery.