



Movement is important and it doesn't matter what level you think you're at once you've sustained an injury.

THE ONLY PAIN IN RUGBY IS REGRET... AND MAYBE YOUR SHOULDERS?

By: SPINEFIT CHIRO & PHYSIO

Frequent physical contact and tackles causing falls on the shoulders makes it one of the most vulnerable areas of injury! Tackles are responsible for between 49-72% of shoulder injuries sustained from rugby trainings and games (Critchon, Jones & Funk, 2012).

And it's not only the shoulders, but many other parts of the body that has to withstand the impact of a rugby game from amateur to professional leagues – muscle haematomas (where bleeding happens inside the muscle) or strains (tearing in the muscle), concussions due to head impact, and even spine injuries to the neck and back are all commonly reported injuries (Brooks et al., 2005).

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Jer Shin, assessing an individual with a knee injury at our off-site mobile clinic.



Our Spinefit Chiro & Physio team at the 2017 KL Saracens International 10s, providing professional sideline chiropractic and physiotherapy care.

HOW DOES CHIROPRACTIC AND PHYSIOTHERAPY CARE COME INTO PLAY HERE?

After a thorough assessment to ensure that each client is safe for further treatment, chiropractic and physiotherapy care helps to improve the players recovery to ensure they can return to sport safely.

CHIROPRACTIC

Addresses any restrictions in the joints, such as limited mobility in the neck or back. You may have seen videos where there are cracking and popping sounds during a chiropractic adjustment – those are gas bubbles being released in the joint. Since our body parts are all interconnected, even restrictions in the spine can impact our recovery! One example is when a player has pain and limitation when raising his arm upwards. Because that movement involves upper and midback spine extension, making sure that the spine isn't restricted in those areas can improve recovery of the shoulder.

Fun Fact: Ex-All Black and 2011 RWC Champion, Mills Muliaina is currently studying towards a Chiropractic degree!

PHYSIOTHERAPY

Focuses on the movement patterns and activation of muscle groups during an activity or sport. Recurrent injuries may be because of weak muscles compensating, and it is important to address the root cause. For example, lower back pain during a forward run may be because of weaknesses around the hip muscles, or even stiffness in the upper back causing compensation to the back. When you address the cause of the problem, it reduces incidences of future injury.

Read: Ex-Gloucester physio Luke Anthony told The Sun that England rugby stars could be at a disadvantage, physiologically due to the COVID-19 lockdown period leading to higher risk of injuries.

WHAT CAN BE DONE IMMEDIATELY AFTER AN INJURY?

Here's our senior physiotherapist, Jer Shin, to give some input after his experience being a first responder on site at the 2019 Cobra 10s, and also being a certified Medic with World Rugby.

"After an injury on the field, it's important to stop playing, pull yourself out of the game, and substitute out! Even if you think it's a small injury and want to get back into the game right away, always check the affected area and assess for any bleeding, cuts, or swelling. If any of those are visible, apply first aid using the P.R.I.C.E. principle (P-Protect, R-Rest, I-Ice, C-Compression & E-Elevation).

"See if the player is able to move any injured body parts by themselves. If unable to, or the pain is too much, always refer further to your medical professional for further steps. Likewise, any injuries to the head also requires a medical professional to assess! It's important to play safe and be wise whenever injuries happen, so that you can continue playing even more games in the future."