

Why Do Tendon Injuries Take So Long To Heal?

If you've ever suffered from a tendon injury you will know that the recovery can be frustratingly long. Tendons are important tissues of the body, connecting muscles to bones and come in many different shapes and sizes. There are many reasons why tendon injuries can be difficult to treat, as we explain below.

Tendon injuries often develop gradually

Tendons need to be able to transmit forces from muscles to the bones that they attach, however they respond to changes in strength more slowly than muscles do. As muscles become stronger or take on more load, the tendons can fail to keep up with this increased demand becoming painful and damaged. This process can take a while to occur and often changes to tendon tissue has begun long before the pain is noticed. This means that there are likely to be multiple factors to be assessed, including biomechanics and training regimes before the problem can be resolved.

Tendons have limited blood supply

Tendons do have their own blood supply, however, it is not as abundant as muscles. This can be a factor with healing, as all tissues require nutrients for health and to heal. Any condition that compromises circulation, such as diabetes, can predispose tendons to injury and delayed healing.

Rest and stretching may not necessarily help

Our instincts in response to tendon pain may not help with recovery. In some cases, stretching can aggravate symptoms and

while rest may reduce symptoms, it will not necessarily help with recovery. The best evidence for promoting healthy tendon growth is through addressing poor biomechanics and a tailored strength and loading program.

Recovery often relies on adherence to a specific rehab program

One of the biggest barriers to healing tendon pain is that exercises can be easy to do in theory, but hard to do in practice. They can take time and discipline. Your physiotherapist can also help you to find strategies to fit your exercises into your daily routine if you are finding this difficult.

Contact your local [clinic](#) to make an [appointment](#) with one of our Physiotherapists to discuss how you can help reduce and manage your tendon pain.

None of the information in this article is a replacement for proper medical advice.

5 Physio Tips for Better Running

Distance running can be a surprisingly complicated sport. In this article, we offer some words of wisdom from our physiotherapists to help you get the most out of your training and avoid injuries.

1) CHOOSE YOUR SHOES CAREFULLY

- Repeated stress from running long distances will show up any biomechanical flaws in your body relatively quickly. Choosing the wrong shoes can worsen an existing problem causing pain and injury. Your physiotherapist can guide you on what style of shoe will best suit you.

2) DON'T NEGLECT YOUR UPPER BODY

- While running can appear to be a purely leg based activity, increasing the strength and mobility of your upper body can have a surprisingly large impact on your posture, running style, breathing and overall performance.

3) FIND TIME TO TRAIN STRENGTH AS WELL AS ENDURANCE

- Your body is great at finding ways to compensate for weak muscles, however, overtime this can lead to overuse injuries of tendons and muscles. Identifying any areas of weakness early and specifically strengthening these muscles can both improve your running and help keep you injury-free.

4) PACE YOUR PROGRESS

- Entering an event is a great way to set a specific goal and keep you motivated. While trying to increase distances and speed, it is easy to forget to include rest days as a part of your routine. Your body needs time to recover and restore itself, just as much as the active portions of your training program. Increasing

your speed and distances gradually also allows your body to adapt to new demands without breaking down.

5) ENJOY TRAINING AND LISTEN TO YOUR BODY

- Your body will guide you as to when you need to rest and when you can push a little further. Training will be more enjoyable when you are well-rested and pain-free. Most importantly, if you are able to enjoy your runs, this will help you maintain motivation over a longer period of time, so you can continue for many years to come.

Contact your local [clinic](#) to make an [appointment](#) with one of our Physiotherapists to discuss how you can reach your running goals while staying injury-free.

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SPOTLIGHT ON: Amy Decker – Physiotherapist

In our latest 'SPOTLIGHT ON' series, we sat down with [Amy Decker](#), Physiotherapist at our [Langwarrin clinic](#). In our chat, Amy talked to us about working with St Kilda Football Club's AFLW team and how she stays at the forefront of her field.

What area of Physiotherapy most interests you?

An interest area of mine would be bridging the gap between rehabilitation and returning to sport – I believe there is a large gap and often not an appropriate and safe transition during end stage of an individual's injury.

What has been your greatest professional achievement in the last 5 years?

I'm privileged enough to have two equally great achievements which are travelling to the Gold Coast as a part of the track and field Commonwealth Games team and working with St. Kilda Football Club with the AFLW team.



What professional development have you undertaken to ensure you stay at the forefront of the latest techniques and treatments?

I'm a strong believer that as a physiotherapist if you think you know everything about injuries you are in the wrong field. Treatments and evidence are forever changing and there are always different techniques to learn. I achieve this through podcasts, courses and shadowing highly experienced physiotherapists in addition to studying my masters in sport.

What is one thing that everyone should be doing for injury prevention?

Prevention is the key to injury management and therefore is strongly important to complete mobility and activation prior to playing/training/ working out to achieve the best outcome.

What is your favourite part of your job?

Definitely my favourite part would be when a patient has achieved their goal whether that be taking the court/field for the first time after an injury or lifting up their grandchild. The happiness in the patient's voice and face – that's why I continue my job.

If you could be in any movie, what would it be?

Avengers – So I could have super powers!

To make an appointment with Amy you can [BOOK ONLINE](#) or call [Langwarrin Sports Medicine Centre](#) on 03 9789 1233.

2018 Commonwealth Games Physiotherapist, Amy Decker

By [Amy Decker](#), Physiotherapist, Langwarrin Sports Medicine Group

From 15,000 applicants applying for 1,400 medical positions including Doctors, podiatrists, nurses and dentists it was an honour being selected as a Physiotherapist at the 2018 Gold Coast Commonwealth Games.

Like many within our profession, working with elite athletes is a career goal, hence there was no second-guessing if I would apply over a year ago to be selected.

When asked what was the one highlight of my experience, it was difficult to answer. I have created many new friendships in volunteers and staff, watched the best of the best train and race but there were two moments that stood out.

Firstly, an Olympic athlete with a chronic low back stress fracture. Unfortunately she lived in a country less fortunate in medical treatment and had been suffering with low back pain for over six months, continuing to train at a high intensity. Upon coming to the games she was diagnosed through an MRI with a stress fracture and was advised to rest. Her coach, however, wouldn't take this for an answer arguing they had invested money and time into her competing which seemed more important than her health.

The athlete received daily treatment to ensure her pain was managed liaising with the sports doctor and physiotherapists as she went on to compete. Knowing I helped assist in reducing an individual's pain and resulting in an increase in performance makes your job worthwhile.

On a complete different note, I was lucky to assist the para athletes aswell. Listening to their stories definitely pulls your heartstrings. Coming from an up bringing that included second hand clothes, no supportive wear, no shoes, no coach and training for javelin with sticks to earning yourself a medal at the Commonwealth Games is a story I will remember.

After sustaining such a life changing injury and continuing to be the best you can, inspired me both personally and professionally. Success doesn't come from what you can do, it comes from overcoming the things you once thought you were unable to do.

Would I volunteer a gain, heck yes I would! It was both an

invaluable and memorable experience that I would recommend being a part of and I am thankful for being selected.



To make an appointment with [Amy](#) at [Langwarrin Sports Medicine Centre](#), please call 9789 1233 or [BOOK ONLINE](#).

2018 Commonwealth Games Physiotherapist, Daniel Browne

By [Daniel Browne](#), *Physiotherapist, Langwarrin Sports Medicine Group*

Since 1930, every four years the Commonwealth Games are held to both celebrate and test the athletic ability of the countries residing under the Commonwealth of Nations. This year the Commonwealth Games were held up in the Gold Coast in Queensland from the 4th-15th April.

This marked a significant milestone in Commonwealth Games history, as it was the first event to have an equal number of male and female athletes competing, as well as the inclusion of para athletes within the main time slot of the able bodied athletes. This provided much needed exposure and the tens of thousands of crowd patrons the opportunity to experience

something special that otherwise may have flown under the radar.

In total there were more than 6500 athletes and team officials from 71 nations and territories competing in 18 sports, and 7 para sports with a total audience of 1.5 billion.

Through an extensive application process I was afforded the opportunity to lend my skills as part of the Medical team at the Carrara Complex. This included work with the weightlifting, para- weightlifting, badminton, wrestling as well as liaising with the athletics medical team.

Each team comprised of a sports doctor, physiotherapist, sports masseuse and sports trainer entrusted with providing care to both on field incidence, between game management and overall rehab day to day. Day to day challenges included interactions with athletes, team officials, technical officials as well as the sport specific and country specific medical personnel.



A particularly warming tale came on my second last day treating a female badminton athlete from Fiji. She formed one half a doubles duo that was an outside chance for a medal going into the round of 16. Clinically it appeared she had a significant high ankle sprain, but she was desperate to play for herself, her country, but most of all for her doubles partner. After what seemed like 100 conversations with her, the games

staff, her coach and her team doctor – all while her partner frantically sprinted up and down the court behind us eagerly keeping an ear out – I was able to support her ankle in such a way that would give her enough pain relief to play and function so as to not significantly increase her risk of injury. She played, and won. Afterwards she was a bit tender,

but ecstatic that she was able to move through to the next round which was the following day. I handed her over to a treating practitioner at athlete's village and left feeling positive about the whole experience. I followed up with her the next day after competition. She unfortunately lost the next round, but her ankle was feeling ok. My reward was a Fijian pin (the secret currency of Commonwealth and Olympic games).

Looking back on my experience now, I am glad that I took the time to head up to the Gold Coast and volunteer for 2 weeks. It gave me the opportunity to be part of something bigger than myself. To help other athletes achieve and most importantly participate in something that they have spent their life working towards is both a humbling and empowering experience. I would encourage everyone to check out the Commonwealth Games next time in Birmingham, England 2022.

To make an appointment with [Daniel](#) at Langwarrin Sports Medicine Centre, please call 9789 1233 or [BOOK ONLINE](#).

What to do about pain at the front of your ankle?

Anterior ankle impingement, also known as anterior impingement syndrome, is a musculoskeletal condition where repetitive forces compress and damage the tissues at the front of the ankle, causing pain and stiffness.

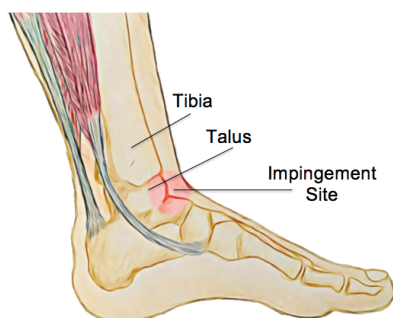
It is a common injury that can affect people of all ages, however is usually seen in athletes of sports involving repetitive or forceful upward movements of the ankle, such as sprinting, landing from long jump, uphill and downhill

running.

What are the symptoms of an anterior ankle impingement?

Pain at the front of the ankle is the primary symptom of anterior ankle impingement. This can be felt as an intense, sharp pain occurring with movements or a dull ache in front of the ankle following periods of exercise. Pain can also be felt when putting weight through the ankle while standing, walking or running. Night-time aching, stiffness, swelling and reduced flexibility are also common symptoms.

How does it happen?



Anterior ankle impingement is caused by traumatic or repetitive compression to the structures at the front of the ankle as the tibia and talus move towards each other during movements. The tissues that are affected become damaged and inflamed, causing the pain typical of ankle impingement. Chronic inflammation can lead to further stiffness, exacerbating the impingement process.

The most common risk factor for this injury is a previous ankle sprain that was not adequately rehabilitated, as this can result in a stiff or unstable ankle. Another cause of impingement is the growth of small osteophytes or bony spurs around the ankle joint that press against the nearby soft tissues. These can be due to osteoarthritis or grow as a reaction to impingement itself. Training errors, muscle tightness, unsupportive footwear and a hypermobile ankle have also been shown to be risk factors for anterior ankle impingement.

How can physiotherapy help?

Depending on the cause, mild cases of anterior ankle

impingement usually recover in one to two weeks with rest and physiotherapy intervention. For more severe impingement, the ankle may require up to six weeks of rest and rehabilitation to recover. In rare cases, surgical intervention will be required to remove any physical causes of impingement, such as osteophytes to restore impingement free movement of the ankle.

Your physiotherapist will first identify the cause of your impingement and help you to choose the best course of action to reduce your symptoms. They are able to advise you on the appropriate amount of rest and provide stretches and exercises to restore strength and flexibility to the ankle.

Mobilisation techniques and range of motion exercises can also reduce stiffness, restoring normal joint movement. Moreover, balance and proprioception exercises are included to prevent further injury. Balance exercises challenge the way your body reacts to outside forces. With this, your balance will be improved, and you'll have a more stable ankle.

Ideally, physiotherapy treatment is the first step before considering surgery. If surgery is required, your physiotherapist can help you to make a full recovery with a post surgical rehabilitation program.

For more information or to make an appointment you can [BOOK ONLINE](#) or call your [local clinic](#).