

Sports Physiotherapy

BT SPORTS & HEALTH CENTRES have been supporting active people on the Sunshine Coast over the past decades to stay fit and healthy. We understand the need for active people from all walks of life and on all levels of sporting activity and competition to be ready for action at all times and to remain injury free. Where injuries do happen we provide the highest standard of injury care to enable sportspeople to return to the field/track as quickly as possible.



Our experienced physiotherapists have been providing this level of injury management and care to athletes from all levels, amateurs and elite athletes alike, as well as the ones who just want to stay fit and healthy.

No matter what goals athletes may have and what level of competition they are engaged in, they should always have fast access to expert partners in health care.

BT SPORTS & HEALTH CENTRES specialises in evaluation and treatment of athletic and orthopedic musculoskeletal injuries. Our therapists provide superior care and produce results. Our highly trained and professional staff is committed to personalised attention and providing individualised one-on-one patient care. Our treatment philosophy includes one-on-one, hands-on soft tissue mobilisations and functional rehabilitation equipment for safe and complete return to a patient's prior level of activity in a functional and/or sport specific environment. Your referring GP/Specialist/Coach is kept informed regarding your rehabilitation progress, allowing for continuity of care. At BT SPORTS & HEALTH CENTRES we don't treat everyone in the same way because our approach is to thoroughly assess the patient first before applying an expert treatment for lasting results. We believe in a comprehensive approach involving a variety of treatment methods as well as different allied Health disciplines.

At BT SPORTS & HEALTH CENTRES we provide Injury Prevention/Performance Enhancement for Athletes. Our treatment combines:

- Shockwave Therapy
- Matrix Rhythm Therapy
- ART – Active Release Techniques
- Acupuncture/Dry needling
- Sports Massage
- **NEW: AlterG® - Anti Gravity treadmill - Taking your training to another level**

ART

Active Release Therapy® (ART) is a patented, state-of-the-art soft tissue, movement-based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Among the more than four dozen problems that can be resolved quickly and permanently through an expert application of ART are: back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow. These conditions all have one important thing in common: they are often a result of damaged muscles from:

- **Soft tissue trauma (pulls, tears, collisions, etc);**
- **Accumulation of small tears (micro-trauma);**
- **Oxygen deficiency (hypoxia).**



Each of these factors can cause the body to produce tough, dense scar tissue in the affected area. This scar tissue binds up and ties down tissues that need to move freely. As scar tissue builds up, muscles become shorter and weaker, tension on tendons can lead to tendonitis, and nerves can become entrapped. The result is reduced range of motion, loss of strength, and pain. At BT Sports Performance Care, every ART session is a combination of examination and treatment. We use our experienced hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. We then treat abnormal tissues with a combination of precisely directed tension and specifically targeted patient movements, of which there are more than 500 in the ART treatment protocol. Dr. Uwe Schwiersch is a qualified ART practitioner and has helped countless Athletes to return to full performance potential.

AlterG® - Defy Gravity

Whether returning from a sports related injury or simply wishing to train with less stress, you can take your fitness to the next level with the AlterG® Anti-Gravity Treadmill innovative NASA-patented technology. With the Anti-Gravity Treadmill, you can:

- Push your training sessions further and longer with less risk of injury.
- Maintain and develop fitness while rehabilitating from injury or surgery.
- Easily track progress during training and rehabilitation with precise unweighting.
- Potentially return to competition sooner.

Chosen by the world's best Athletes and teams:

The AlterG has been tested and utilised by top professional athletes and teams incl.:

- America's elite distance runners
- Top pro Olympic Athletes and basketball players
- Lots of pro teams like LA Lakers, FC Barcelona, Manchester United, Bayern Munich etc.

Shockwave Therapy

Shockwave Therapy is a non-invasive, out-patient alternative to surgery for those suffering from many joint and tendon disorders. ESWT (Extracorporeal Shockwave Therapy) sends acoustic shock waves into bone or soft tissue, in effect reinjuring the area on a cellular level and breaking up the scarring that has penetrated tendons and ligaments. The controlled reinjuring of tissue allows the body to regenerate blood vessels and bone cells. The resulting revascularization leads to faster healing and often a return to pre-injury activity levels.

Shockwave Therapy is particularly good at pain management and elimination. The therapy is effective for three reasons: The shock waves stimulate a metabolic reaction in the affected tissue, causing stress fibers to develop and/or change in their permeability; they generate cavitation bubbles that break down calcific deposits; and they induce an analgesic reaction mechanism, which blocks pain messages.

Everyone with soft tissue injuries can benefit, especially athletes. Shockwave Therapy provides a safe, non-surgical alternative for those suffering from hip pointers, rotator cuff tendinopathy, tennis elbow, patellar and Achilles tendinopathies and plantar fasciitis. These ailments are common to the professional athlete and are too often career ending.

Acupuncture/Dry Needling

Physiotherapists at BT Sports Performance Care have strong anatomical and biomedical knowledge and are well placed to safely and effectively practice these procedures. Western Medical and other Health Care Practitioners have embraced either the traditional oriental and/or the medical approach to acupuncture. Both approaches have been shown to be effective. Acupuncture has been recognised for many years as a complementary practice in Physiotherapy. Acupuncture supports physiotherapy helping to relieve pain. It aids return of function by reducing muscle tension and restoring range of movement. Acupuncture is beneficial for both chronic and acute conditions and can help treating: Low Back Pain, Neck and Shoulder Pain, Arthritis, Bursitis, Fibromyalgia, Muscle strains, Trigger points, Joint pain and referred pain.

Sprain and strain of the joint and surrounded tissue are one of the most common sports related injuries (sprain involves the ligament and strain involves muscle or tendon). Besides pain, the typical inflammatory response may include swelling of the injured area, redness or purple skin discoloration, and reduced range of motion of the joint. In addition to conventional R.I.C.E (Rest, Ice, Compression, Elevation) treatment, many athletes have found acupuncture treatment to be very helpful in quickly suppressing inflammation and swelling. Recent studies show also that acupuncture effectively treats sports injuries such as strains, sprains, neck, shoulder, elbow, wrist, hip, knee and ankle pain, swollen muscles and shin splints. In addition to treating the injury, Acupuncture can also improve performance and give athletes a competitive edge.

Sports specific Performance Enhancement

Sport specific training is fitness and performance training designed specifically for athletic performance enhancement. Biomechanical assessment, sports specific corrective exercises including proprioception exercises, sports specific corrective stretching, sports massage, ART, fitness and performance testing

Our Assessment programs include strength, speed, anaerobic and aerobic capacity, agility, power, and endurance, flexibility, mobility, and gait. Each program is designed with the athlete's specific needs in mind. We offer pre season assessments as well as performance enhancement, first aid care & rehabilitation during and post season.

BT Sports Performance Care uses HUR Rehabilitation Equipment, which has specially been designed for effective rehabilitation together with universities and leading experts in physiology and biomechanics worldwide. Devices are based on air-pressure technology providing a safe resistance curve for joints and allowing step-less adjustment of resistance from zero upwards. The equipment is equipped with a HUR Smart Card System - fully computerized and represents the cutting edge in fitness equipment technology today. This in itself provides a truly personal rehabilitation process as well as workout.

Sports Massage

Sports Massage is an effective therapy for releasing muscle tension and restoring balance to the muscular-skeletal system. Received regularly this may help athletes prevent injuries, which might otherwise be caused by overuse. A constant build up of tension in the muscles from regular activity may lead to stresses on joints, ligaments, tendons, as well as the muscles themselves. Sports massage can often be quite vigorous, it is meant to relieve and reduce the stress and tension. It can be carried out before, during or after playing sport or exercising and uses techniques that are designed to increase endurance and performance, to minimise the chances of injury and, if there is an injury, to reduce the recovery time. Sports massage is not only utilised by professional Athletes or people that exercise heavily. Anyone who exercises will benefit.