



Working in Partnership with...

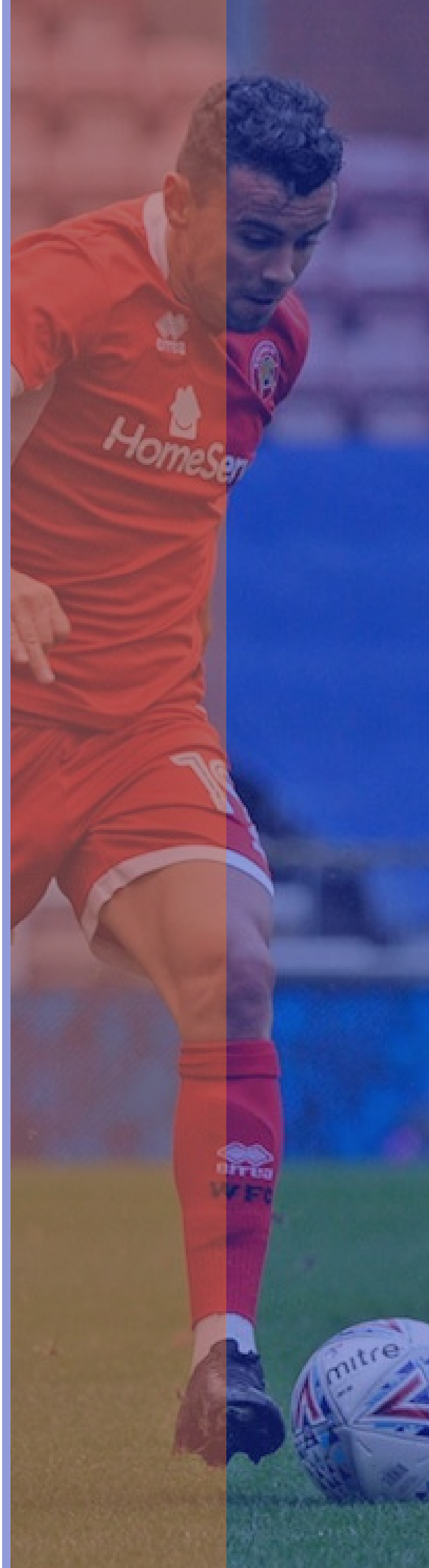


Injury Prevention, Treatment and Education Scheme: Information for Adult Players

The longer it takes to seek injury advice and treatment, the longer it takes to recover from the injury. There is substantial research that evidence the effectiveness of injury-prevention programmes and controlled rehabilitation programmes to reduce the risk of injury and re-injury in football. Therefore, it is important for a player to take the necessary treatment or preventative measures, at the appropriate time, to ensure their long-term performance.

The range of injuries found in grassroots players is vast and are often misdiagnosed. Currently many grassroot injuries lead to players dropping-out of the sport, this is not always necessary, with the correct treatment and exercise plans, players can more often than not return to the playing field in the shortest possible time-frame.

With this in mind, Newcastle Sports Injury Clinic have partnered with Northumberland Football Association (NFA) to provide an injury prevention advice, treatment and education scheme to all NFA affiliates.



Services offered to Northumberland FA Affiliates



- **Injury Advice Hotline** - Northumberland FA affiliates have access to an injury advice hotline where therapists offer free advice to those at your club who are struggling with a new or recurring injury.
- **Fast track treatment with experienced sports injury therapists** - Physiotherapy, osteopathy, podiatry, acupuncture and massage treatments are available at our clinics should any of your players or coaching team require treatment with our therapists. Exclusive discounts are available throughout the season, please ensure you register your details on our [mailing list](#) to receive updates.
- **Specialist Podiatrist** - Our podiatrist is extensively qualified in running related injuries, gait and biomechanical analysis as well as a range of podiatry and footcare treatments.
- **Specialist Sports Medicine Doctor** - Our sports medicine doctor is experienced with working with football players at all levels and until recently spent over 5 years working with a premiership football team as their sports medicine doctor.
- **Access to a range of specialists** - Newcastle Sports Injury Clinic have a strong working relationship with a range of specialists in the North East, this allows us to provide Northumberland FA affiliates with fast track access to MRI and Ultrasound scans and referral to orthopaedic consultants.
- **Strength and conditioning classes** - During our 1-hour class, specialist therapists will provide a series of 10-15 minute sets of targeted techniques, drills and exercises, all of which have been chosen to develop a more robust athlete.
- **Discounted player screenings** - Injury screenings can limit the onset of injury through the identification of physical issues that may lead to injury, maximise training potential through identification of physical weaknesses, provide advice on training and conditioning based on the results of the screening and identify appropriate home exercises to improve physical deficits.

Injury Prevention and Treatment Workshops



In addition to the standard services available at our three North East based clinics, therapists at Newcastle Sports Injury Clinic also offer a range of workshops and training sessions both at our Newcastle city centre clinic and at Northumberland Football Association's Head Quarters at Whitley Park, many of which are free to attend. We are also able to provide workshops at your club upon request.

Examples of some of the workshops we can provide are:

- **'Bulletproof'** – Bulletproof workshop for coaches of exercises and specific drills to do with players to target areas important in football. This practical workshop will demonstrate specific exercises, why players should do them, what they will achieve and how to do them correctly. Coaches will leave the session with the additional knowledge and experience to incorporate these exercises and drills into their players training sessions.
- **'Are They Fit to Play'** – A lot of youth injuries are managed incorrectly. Players with injuries drop out of football or lose a season because they are told they shouldn't play – this is rarely the right advice. This workshop will educate youth coaches on the most common injuries that occur in youth football, reasons why they occur, how to help prevent and manage them when they do occur, when to pull the player off the field, and when they need to seek help.
- **Footcare workshops** – Podiatrists from Newcastle Sports Injury Clinic will present details of common foot related injuries found in football players, how they occur, what can be done to prevent them, what to do should injuries occur and when to seek professional help. Our podiatrists will also provide advice and support relating to choosing the correct footwear and the use of insoles for training and in competitive matches.
- **Physiotherapy & Osteopathy Triage** – Therapists from Newcastle Sports Injury Clinic will also be providing free injury triage sessions both at Whitley Park and at their clinics in Newcastle and Jesmond. Here players, coaches, referees and support staff can seek injury diagnosis, advice and guidance from experienced therapists. Triage sessions will be held for youth players, adult players, and supporting staff including coaches and referees.
- **Foot Screenings** - Through the foot-screening one of our expert podiatrists will analyse altered biomechanical function in your feet that may be causing you pain and injury. The screening focuses on the movement of the joints in the foot and your foot posture. Our podiatrist will be able to identify poor structural alignment or function that may be causing pain or injury to your feet by assessing your biomechanical structure. Following the screening, you may be given advice regarding stretching and strengthening, footwear and targeted treatment. Often, we will prescribe foot orthoses (insoles) as a temporary or long-term treatment.

Details of service, exclusive discounts, workshops and triage sessions are provided in regular communications, please register to our [mailing list](#) to ensure you receive the most up-to-date offers and information.



In addition, information regarding the partnership and the benefits are available on the Northumberland FA website and are promoted via social media so please ensure you are following [@NorthumFA](#) and [@NewcastleSIC](#) to ensure you don't miss out on any important updates.

We look forward to working with you throughout the 2018/19 season.