



Physiotherapists:
The Body Specialists

Physio Tips

SOCCER

Physiotherapy Association of BC

Don't get kicked around this soccer season!

Soccer players young and old are heading out to the pitch for another action packed and fun-filled season.

Reduce major injuries by following several of these **Physiotherapy Tips**:

- Ensure you have a good balance of practice time, game time, and days off to prevent overuse injuries.
- Take the time for a good warm-up and be sure to spend time on flexibility exercises.
- You can prevent an injury with proper warm-up and stretching techniques, so you don't end up rehabilitating and injury that could cost you most of the playing season.
- Check the pitch – make sure playing fields are well-maintained and free of hazards.
- Shin guards – help prevent soft-tissue and other more serious injuries to the legs.
- Play fair – rough play can injure others – playing fair and safe ensures everyone has a good time.
- Soft tissue, overuse injuries, as well as knee and ankle injuries are a common problem among young players. Consider using arch supports for comfort and for relief of minor heel or foot pain.

Don't play with severe or persistent pain - minor aches and pains lasting up to 48 hours are acceptable, but severe pain or difficulty walking may signal a more serious problem. Consult your Physiotherapist immediately.

A reminder to athletes that chronic pain around the hip or knee joints or the lower back may be signs of more serious problems and should be checked by your physiotherapist.

Physiotherapists are experts in movement and mobility, body mechanics, muscles and joints. They will help develop an exercise program specially-tailored to your needs, putting together the right combination of activities to improve physical fitness and avoid injury.

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