

FORMIDABLE STRENGTH & CONDITIONING

SWIMMING SPECIFIC INJURY REHAB PROGRAM



EARLY INJURY MANAGEMENT GUIDE

for your

KNEE PAIN



EARLY INJURY MANAGEMENT GUIDE

When is the best time to start rehab? Right now!

Injuries can happen anywhere and anytime, so knowing what steps to take to get started on your recovery can make all the difference.

This Early Injury Management Guide is designed specifically for swimmers and offers essential tips to help you recover faster before you even step foot in the physiotherapy clinic.

Whether it's a sprain, strain, or any other common injury, our guide provides clear, actionable steps to minimise damage, reduce recovery time, and get you back in the water.

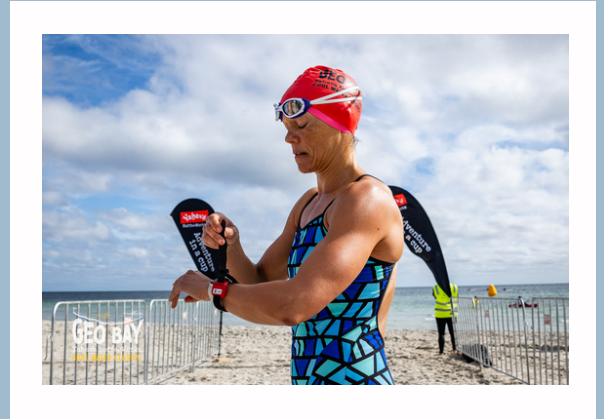
While these recommendations can be helpful, they are not a substitute for professional medical advice. It's crucial to consult with a qualified physiotherapist or healthcare professional to ensure proper diagnosis and treatment.

We believe that effective injury rehab starts from day one. So use this guide to equip yourself with the tools to handle your knee pain with ease, so you can get your training back on track.



WHEN SHOULD I USE THIS GUIDE?

This guide is best for those who are in the “acute” stage of their injury. This is the initial period from when your symptoms first start and lasts typically ~4 days



OUR *3 principles* OF POST INJURY CARE

1.

**PROTECT THE
AREA**



2.

**PAIN
MANAGEMENT**



3.

**PROMOTE
HEALING**





PROTECT THE AREA

Reduce Loading:

- This can look like a reduction in your training volume i.e. reduction in your number of sessions or reduced session length
- Reducing the speed/intensity of your sessions will also reduce your overall loading
- Limit heavy lower limb exercises
- When you're in the water consider utilising a pull bouy and limiting kick only work

Support the Area:

- Consider use of tape or brace
- Wear supportive shoes with good arch support to reduce stress on your knees
- Use of compression if swelling is significant

Don't be a Silly Goose!

- All too often we ignore our pain and try and push through, even choosing to do activities that put extra stress on our injured area.
- Now is probably not the best time for headstands, backflips or competitive headbanging



PAIN MANAGEMENT

Pain is Protective

- Pain is not the enemy! Its a really useful tool your brain uses to let you know that something isn't quite right
- Listen to your body, but remember that we're are incredibly resilient and capable of healing

Heat or Ice?

- This is a topic undergoing a fair amount of research and revision
- Apply either for 10-20 mins at a time several time throughout the day
- Remember to protect your skin!

Ice:

- Typically great for sprains, strains or joint injuries
- Its most helpful for pain relief as it can help numb the area

Heat:

- Heat is great for pain relief, especially if discomfort is being caused by stiffness and muscular tightness

Should I Take Pain Medications?

- Over the counter pain relief is a great option to help with pain management, use as directed on the packet and check with your doctor if you're taking other medications or have other medical conditions.
- Try avoid taking them before training so you don't overdo it, take them after instead

Remember to Breathe

- Anxiety can make your pain experience even worse, take some deep breaths and relax - try 5 seconds inhale and 7 seconds exhale
- This will also help overactive and sore muscles relax
- Keep your shoulders down away from your ears as you breath!



PROMOTE HEALING

Movement is Medicine!

- Complete bed rest will be detrimental to your recovery. Remember to modify not avoid! Keep moving and active to prevent detraining and stiffness.
- Movement will help increase blood flow which is important for delivering all the chemical and nutrients essential in the healing process

Sleep

- Sleep has so many important benefits especially when you're coping with an injury
- Release of growth hormones during sleep which is essential for the healing process
- A lack of sleep can increase pain sensitivity
- Regulates the inflammatory process

Hydration

- Hydration is essential for cellular function and healing
- Facilitates circulation and therefore the transport of important nutrients essential for tissue repair
- Maintaining fluid balance assists with inflammation and swelling
- Promotes good synovial fluid health which is important when a joint is injured

Nutrition

- Proper nutrition provides the essential nutrients needed for healing tissues. For example proteins and vitamin C are needed for tissue repair.

YOUR KNEE PAIN CHECKLIST

Knee pain can be extremely disruptive to your training and daily life, especially when pain or movement restriction is significant. So here's a few things to look out for...



Severe, intense, debilitating pain that does not improve with rest or over-the-counter pain relief.



Noticeable swelling, bruising, or a change in the shape of the knee joint.



Difficulty walking or bearing weight on the affected knee, especially if it feels unstable



Sensations of numbness, tingling, or weakness in the leg or foot



Fever or chills



Recent injury or trauma to the knee, particularly if it results in sharp pain, dysfunction and/or swelling that lasts more than a few days



Redness, warmth, or tenderness around the knee joint.



Unexplained weight loss



The knee feels like it's "locking" or giving way during movement

If you are experiencing any of the above please seek help from a health care professional

If symptoms don't seem to be improving or are getting worse it's far better to address knee injuries sooner rather than later in order to limit rehab length.

NEXT STEPS

Book a call with our physiotherapist



Or...

Book now using this QR code for 50% off your initial appointment.



...and

Get out of pain, address underlying issues contributing to your pain, prevent re-injury, feel stronger than ever and get back to smashing your swimming goals.

START YOUR REHAB JOURNEY

Check out our swimming specific rehab program.

- Weekly physio appointments if needed
- An individualised exercise-based rehab program
- Regular assessments to ensure your rehab is heading in the right direction
- Unlimited supervised sessions with your rehab team
- A swimming specific strength training program to complement your rehab, allowing you to improve your swimming even when you're injured
- Access to recovery equipment that will help speed up the recovery process
- Free access to an initial appointment with a sports dietitian to go over their nutrition
- A community of other swimmers all there to support them on their rehab journey

All for the same weekly price of a standard physiotherapy consult. (and yes, in a lot of cases, you can get close to 80% of your rehab back through rebates).

