**Sports and Orthopaedic Medicine**

Sports & Musculoskeletal Medicine is a field of medicine that specialises in the prevention, diagnosis and management of sport and exercise related injuries, disorder, dysfunctions, and disease processes. As a specialised **sports injury clinic** we can help you with any sports related injury.

**Corporeal Shockwave Therapy (ESWT)**

Extracorporeal Shockwave Therapy is a new non surgical procedure for soft tissue. Used in orthopaedics and sports medicine it is recognised as a treatment for a number of musculoskeletal conditions including:

                     Heel Pain

                     Shoulder pain

                     Tennis and Golfer's elbow

                     Achilles Pain

                     Hip pain

                     Jumper's knee Patella Tendonitis

                     Shin splints

                     Neck and Lower Back pain (Trigger Points)

                     Extracorporeal Shockwave Therapy Treatment

ESWT uses shockwaves to stimulate healing and offer advantages over surgery as it is non-invasive with fewer potential complications and a faster return to normal activity.

Three treatments are performed at weekly intervals. The treatment is simple with no injections. Your affected area is positioned against the head of the ESWT machine and a shockwave is delivered to the area. This is felt as a pulse.

**Compartment Pressure Test**

Chronic Exertional Compartment Syndrome (CECS) is a condition where exercise induces high pressure within a closed space, which results in decrease tissue perfusion causing symptoms such as pain, cramping, burning, tightness and weakness of the effected lower limb. The reason why this occurs is not known, however four factors are believed to contribute to an increase in compartment pressure.

1.                  Inelasticity of the fascial sheath

2.                  Increase in volume of skeletal muscle secondary to blood volume and edema

3.                  Muscle hypertrophy in response to exercise

4.                  Dynamic contraction factors due to demands in the gait cycle.

Note: Recently the supplement creatine has been implemented as a cause of CECS in athletes due to its effect on fluid retention and increase in muscle size.

Anyone can develop CECS, but it is more common in athletes who participate in sports that involve repetitive movements such as running.

Compartment Pressure Testing is the Â“Gold StandardÂ” for diagnosis CECS. The test involves inserting a small catheter under local anaesthetic into one of the four well recognized Compartments (Anterior, Lateral, Deep Posterior and Superficial Posterior) of the lower leg.

Along with the history, compartment pressure testing is an extremely useful diagnostic tool to exclude other causes of exercise induced leg pain such as stress fractures, periostitis, Medial Tibial Stress Syndrome various tendinopathies, neurological compression syndromes and infection.

**Performing Arts Medicine**

*"A subspecialty of medicine that deals with ailments specific to dancers, singers, actors, musicians, and comedians"*

Performers, like skilled athletes, rely on physical dexterity and mental acuity to inspire and entertain audiences. These artist experience injuries such as muscular strains, tears, ligament and tendonopathies. These problems range in severity from mild to complete incapacitation and relate to a combination of relatively repetitive movements of a limited number of muscles, and awkward position required to hold the instrument and/or weight of instrument, overuse 'syndromes', nerve impingement and performance anxiety.

If you are a performing artist you know how important it is to be in peak condition physically and psychologically. Even minor injuries and illnesses can affect your ability to perform at your best. Yet you may make minor health problems worse by carrying on practising or going on stage when you shouldn't - and storing up problems for the future. Above all, you want to be sure that any medical practitioner you see will understand your particular needs.