

Injury Prevention in Sports

Using Postural Restoration

By Sangini Rane, PT, PRC

In spite of all the amazing advances made in sports medicine, athletes continue to get hurt. A majority of these injuries are preventable. Postural Restoration-trained physical therapists, coaches, and trainers believe that the key to injury prevention is correction of faulty movement strategies and muscular imbalances that exist in all athletes. The goal is creating a neuromuscular balance between the right and left sides of the body and NOT about doing the same 10 exercise repetitions on the left and then the right.

Postural Restoration is a cutting edge, therapeutic approach that addresses the natural imbalances occurring in the human body. Most traditional training approaches look at the body as being symmetrical and train it as such. After all we have two arms, two legs, two eyes, right?

The truth is, internal organ placement and asymmetry, along with nervous system development and uneven muscular use, all contribute to asymmetrical movement patterns. These asymmetrical movement patterns along with physical demands of any sport and individual postural habits lead to unnecessary strain and torque on joints, tendons, and muscles eventually leading to injury and pain.

This asymmetry is normal and exists in all of us, but not everybody has pain. Problems occur when we get stuck in this pattern and the body moves repeatedly in only one way as we develop muscle compensations that then lead to pain.

RESTORING BALANCE TO AN ASYMMETRICAL BODY

Postural Restoration Certified therapists have had success treating sports injuries using this unique approach. They use repositioning activities to restore optimal joint position and retrain muscular sequencing and co-ordination in three dimensional and functional movement patterns.

The whole body is addressed, looking at how all the parts interact with one another, from head to toe, at times integrating with a

Sangini Rane with a client.
The goal: Achieving a balanced rib cage in preparation for overhead athletic activity.



dentist, a podiatrist, or even an optometrist to reduce compensations or instability that could be affecting your performance. This whole body approach results in efficient movement patterns and better outcomes.

Recently, Postural Restoration has been gaining wide acceptance in sports both for injury prevention as well as performance improvement. Check out this article in a recent USA Today issue as to how the Arizona Diamondbacks have been successfully using this approach with their players:

<http://www.usatoday.com/story/sports/mlb/2014/03/26/bronson-arroyo-feeling-good-as-mlb-season-approaches/6917145/> (March 26, 2014)

Here is a link to a testimonial from a Minor League Athletic trainer as well: <http://www.posturalrestoration.com/community/post/1629/testimonial-from-my-work-with-baseball-players?id=1629>

By reducing asymmetry and improving coordination between the right and left sides of the body, any athlete can do better at their sport and minimize their risk of injury. Golfers can learn to swing more efficiently, pitchers can avoid shoulder or elbow injury, runners can become faster, dancers can become more graceful and coordinated, soccer players can cut better, and basketball or volleyball players can land with better control. In short, no matter what the sport, Postural Restoration-based training will help athletes play their sport with less stress across muscles, tendons, and joints as they learn to avoid compensatory strategies.

Apex PT's Postural Restoration-based injury prevention program for athletes consists

of repositioning exercises and sport-specific agility drills that focus on coordination and proper technique. It also includes training strategies that can be implemented during practice and throughout the day to assist the athlete in obtaining balance throughout their body not only for injury prevention, but also for peak performance. **l&l**

Sangini Rane, PT, PRC, has been a physical therapist for 29 years and has been utilizing the science of Postural Restoration® since 2002 with profound results. Because of her dedication to achieve exceptional and successful outcomes where other traditional methods have failed, she earned the designation of Postural Restoration Certified in 2008. Contact her or Carol Ames, PTA, at Apex PT Postural Restoration Center

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