



Physiotherapy guide

How to get the best out of a physiotherapy session



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Your first step should always be to speak to your coach. They will help you to determine if physiotherapy is an appropriate recourse and can identify if there are relevant AGB Pathway resources or expertise you are able to access first.

If you haven't already done so, academy athletes should complete an injury/illness report form and submit it to your programme coach. Copies can be downloaded from the parent information centre on the AGB website. This form should be submitted as early as possible.

1. Sourcing a physio

- If you live in the UK and want to see a physio there are two main treatment routes: through the NHS and through private practitioners.

- On the Chartered Society of Physiotherapy's website, you can search for a physio by specialism (including Sports physiotherapy) and location. You can also search by payment preference, including NHS self-referral and private physiotherapists. In some areas of the UK, self-referral systems are in place, through which you can ask to see an NHS physiotherapist yourself, without going through your GP. Please note, NHS self-referral services may be limited in some areas and you will need to check with the provider to determine if you are eligible.



<http://www.csp.org.uk/your-health/find-physio/physio2u>

- You can check individual physiotherapists' websites for more specific information on their specialisms. In general, you should be looking for a sport specific or muscular-skeletal specialist physio. A practitioner who specialises in shoulder and upper limb injuries is likely to be advantageous. If you are finding it difficult to locate someone with this specialism, it may be worth contacting your local cricket, tennis or rugby club for a useful contact.

- **It is important that the physio is experienced in treating children and adolescents.**



- All physiotherapists in the UK have to be registered with the Health and Care Professions Council (HCPC). This is a condition of using the title 'physiotherapist' or 'physical therapist', claiming to be an active member of the profession, and practising physiotherapy anywhere in the UK, whether in the NHS, independent or working in other sectors. All of the physios you find via the CSP website are fully accredited. If you find a physio through another route, such as recommendation, make sure they are registered with the Health and Care Professions Council (HCPC). All NHS physios are registered with the HCPC.

You can check HCPC registration online at: www.hcpc-uk.org or check with a free app available for iOS and Android.

2. Preparation for appointment

Make sure your physio is well briefed by emailing information in advance.

For example:

- Details of the athlete's training programme including intensity, weekly arrow count, S&C programme, poundage.
- Videos of the athlete shooting from the front, back and side. It is easy to capture and upload video on your phone. It could be useful to capture some video of the athlete shooting whilst healthy for reference because this might not be possible when injured. If the athlete is able to shoot comfortably and without exacerbating the issue, recent video will be most useful.

3. During the session

- If the athlete is shooting fit, take a bow or Theraband to demonstrate the range of movement.
- Make sure you wear appropriate clothing. For example, a top that allows the physio to see the shoulder blades. Wear the footwear that you shoot in.
- Impress the intensity and level of your training programme.
- Make sure you get full feedback from the physio on what the issue is, what has caused it, what you need to do for rehabilitation and the expected length of your recovery period. Make a note of specialist terms whilst you are speaking to the physiotherapist so that you remember them accurately.

4. Post-session

- Make sure you pass on the feedback from the physio to your coach. Academy athletes should update the Injury/illness report form with the details of your prognosis and treatment.
- Make sure to add any new information such as prescribed rehabilitation exercises into your training diary.
- Be disciplined in performing your physiotherapy exercises to the letter to gain maximum benefit.



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