

Case Study Number One:

Mr Owen, the semi-professional footballer: a sports therapy scenario

Mr Owen plays centre forward for a semi-professional football club. He is aged 31, married, and works full-time as a delivery driver. He has played a good level of football since leaving school, his career highlight being a good run with his previous club in the FA Cup, where he scored the winning goal against a well-known 1st division side, a game that was featured on "Match of the Day". Obviously, Mr Owen has suffered a variety of injuries over the years, but fortunately nothing too serious, the worst case being the torn cartilage he suffered about 6 years ago, which required surgery and a lengthy period of rehabilitation. Mr Owen takes his training very seriously, and has used the services of a masseur regularly over the years. Due to the fact that his sports therapist has moved away from the area, he is looking for someone else to help him with his training, recovery and minor injuries. He has come to see you two weeks before pre-season training begins.

TASKS:

Q1: During the initial consultation, in addition to the standard questions, what else do you think it would be important to ask Mr Owen?

A1: There are many questions that could be asked, for example:

1. What is involved in your normal training routine?
2. How often do you normally train?
3. How is the current pre-season training going?
4. Are you comfortable with your current training routine, or are there aspects you struggle with?
5. Do you stretch regularly?
6. Do you get any trouble with your previous knee cartilage injury?
7. Have you suffered any other major injuries?
8. Do you have any current injury problems?

9. What type of help with your training and injuries have you had in the past:
physiotherapy; sports therapy/massage; osteopathy; etc.
10. Does the manager know that you have come to see me?
11. What are you hoping I can help you with?
12. Have you undertaken any physical assessments or fitness tests recently?
13. How long have you been in your current driving job?
14. Does your current job cause you any particular problems?
15. How much attention do you pay to your diet?
16. How did it feel scoring that winning goal in the FA cup, and being on Match of the Day?

Q2: How might you approach the first treatment session?

A2: Presuming the first session is based in the treatment room, a standard physical check would be appropriate [posture; range of movement active/passive/resisted; palpation and inspection of problem areas]. If there are no immediate contra-indications, a full body maintenance sports massage could be provided. All assessments and treatments would be explained and agreed with Mr Owen beforehand.

Q3: What after care advice might you choose to discuss with Mr Owen?

A3: After care advice for Mr Owen might include recommending: a follow-up session; regular use of sports therapy treatments; that he may benefit from undertaking a fitness test; specific exercises [stretches; core stability; sports-specific; etc.]; rest days; nutritional advice.