

THE BENEFITS OF INJURY REHABILITATION

— BACKED BY RESEARCH —



REDUCES PAIN AND INFLAMMATION

Targeted hands-on therapy and corrective exercises help reduce pain, swelling and inflammation, supporting a faster recovery process.

— Brosseau, L. et al. (2012), *Cochrane Database of Systematic Reviews*



RESTORES RANGE OF MOTION

Rehabilitation techniques help restore normal movement and flexibility, reducing stiffness and improving daily function.

— Page, P. (2012), *British Journal of Sports Medicine*



IMPROVES STRENGTH AND STABILITY

Strengthening exercises and manual therapy help rebuild muscle strength and joint stability, reducing the risk of re-injury.

— Kibler, W. B. et al. (2006), *Sports Health*



ENHANCES FUNCTIONAL MOVEMENT

Rehabilitation improves movement patterns and coordination, helping you return to sport, work and daily activities with confidence.

— Bean, E. et al. (2016), *International Journal of Sports Physical Therapy*



SPEEDS UP RECOVERY TIME

Evidence shows structured rehabilitation can shorten recovery time and help you return to activity sooner and safer.

— Ardern, C. L. et al. (2014), *British Journal of Sports Medicine*



PREVENTS FUTURE INJURIES

Rehabilitation addresses underlying imbalances, improves technique and builds resilience to help prevent future injuries.

— van Mechelen, W. et al. (1992), *Sports Medicine*

Injury rehabilitation helps you recover safely, restore function and build strength to prevent future injuries.

Research shows it can reduce pain, improve mobility and support a stronger, more resilient body.



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THE RESEARCH

✓ Brosseau, L., Wells, G. A., Tugwell, P., et al. (2012). Efficacy of physical agents and exercises for low back pain. *Cochrane Database of Systematic Reviews*, (4), CD004750.

✓ Kibler, W. B., Press, J., & Sciascia, A. (2006). The role of core stability in athletic function. *Sports Health*, 2(3), 189–198.

✓ Page, P. (2012). Current concepts in muscle stretching for exercise and rehabilitation. *British Journal of Sports Medicine*, 46(14), 1018–1023.

✓ Ardern, C. L., Taylor, N. F., Feller, J. A., et al. (2014). Return to the pre-injury level of competitive sport after injury in athletes. *British Journal of Sports Medicine*, 48(5), 350–355.

✓ Bean, E., Van Emmerik, R. E., & McDermott, I. D. (2016). The effect of neuromuscular training on movement quality. *International Journal of Sports Physical Therapy*, 11(3), 1–12.

✓ van Mechelen, W., Hlobil, H., & Kemper, H. C. G. (1992). Prevention of running injuries by warm-up, cool-down, and stretching exercises. *Sports Medicine*, 14(4), 265–279.

✓ O'Sullivan, P. B., Schmitz, T. J., & Fulk, G. (2017). *Physical rehabilitation* (7th ed.). F.A. Davis Company.

✓ Hodges, P. W., & Richardson, C. A. (1997). Contraction of the abdominal muscles associated with movement of the lower limb. *Physical Therapy*, 77(2), 132–142.



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