

## Touchline Physio Highlights About the Common Sports Injuries it Treats

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**Westerham, Kent Nov 23, 2023** ([Issuewire.com](https://www.issuewire.com)) - In a recent press release by Touchline Physio, the clinic unveiled a list of the sports injuries it cures to restore the health of not only athletes but others, regardless of lifestyle or fitness level.

Sports injuries are a commonly occurring phenomenon where the patient suffers muscle strain,

persistent back problems, and plantar fasciitis. It's something one can never avoid if one is physically active. Keeping this in view, the CEO and other key spokespersons of Touchline Physio shared the sports injuries it covers to rehabilitate strained muscles.

"No matter how wary you are, you will experience sports injury at least once in your lifetime," started the present CEO of the Westerham clinic. It can be minor or severe. He believes while the prior may heal without clear intervention, the latter may take longer than usual to rehabilitate. However, he assured of reliable treatment from experienced therapists at his clinic.

Touchline Physio has been in this medical field for several years, but its owner and operator have hardly spoken of the sports injuries it covers. Even if they did, there has been a lack of clarity. This time, the authorities have ensured patients are aware of the athletic or workout-related aches that the clinic tends to. The motive is evident from their act. They wish to top the list of search results when someone enters "[physiotherapy clinic near me](#)" or "[sports physiotherapist near me](#)" on Google.

### Common Sports Injuries Treated by Touchline Physio

"It's vital for patients experiencing training setbacks and activity-induced ailments to recover under the advice of an experienced clinician; otherwise, the pain may recur", expressed a specialist physiotherapist at the discussed clinic. Fortunately, it extends its cure to the following types of sports-related afflictions:

#### Lower back pain

According to the clinical specialist of Touchline Physio, "The primary cause of back pain is repetitive movements though trauma and poor practices during physical activities are also responsible." Despite the complexity of the issue, the therapists at this clinic assured all effective treatments, regardless of the factors involved, be it environmental, psychological, or mechanical.

#### Ligament sprain

"Be careful when you involve yourself in sports. Your ligaments near the ankles and the knee are prone to injuries", warned one of the therapists. Awkward landing or twisting of your joints can cause stress to those areas and strain the ligaments. "Unfortunately, we can't shed any light on how long it's gonna take to recover. It's entirely dependent on the injury location and severity", expressed the same therapist.

#### Plantar Fasciitis

Have you ever felt a stinging pain under your feet or a stiffness in the heel? As per the expert opinions of clinicians at Touchline Physio, it's due to excessive pressure on plantar fasciitis. Instead of feeling helpless about not being able to perform the daily tasks, the therapists at the clinic advise exercise programmes for all their patients. Most have benefited from strengthened lower leg muscles. They also advise on lowering the workload on plantar fascia.

#### Tendinopathy

The clinic often treats patients visiting it with the common complaints of tendinitis. As evident from the term itself, it occurs due to repetitive tendon overloading. Others with tennis elbow, rotator cuff injuries and Achilles tendinitis also flood the gates of Touchline Physio.

## Runner's knee

Runners experience this kind of injury the most. As disclosed by the clinicians at the treatment facility, it is caused by the irritation of the knee lining, kneecap dislocation or strained tendons. "No matter what induced runner's knee in you, we can help you make adjustments to ease the pain and inflammation", said the CEO. They also advise on exercises to strengthen the hip besides the quad muscles to eliminate the agony from the life of the victim.

## Muscle strains

Such a setback may induce you to type, "best [sports physiotherapists near me](#)". Save your energy and contact Touchline Physio to tackle the pain inflicted by stretched and torn tissues in muscles. The clinicians also warned of muscle spasms accompanying strains, persuading all to consult a therapist at their medical facility immediately.

Apart from highlighting the sports injuries treated by Touchline Physio, the CEO of the medical facility also promoted itself, saying they are different from others. He unveiled the secret to their high success rates, stating it to be a customised recovery plan.

For more enquiries, contact this sports injury clinic.

## About Touchline Physio:

Touchline Physio is a clinic specialising in sports injuries with services extending to aromatherapy, nutritional therapy, counselling and Chinese acupuncture. Operating from three distinct clinics in locations – Sanderstead, Westerham and Orpington, it delivers the highest level of care to people complaining of acute, recurring or long-term problems.

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