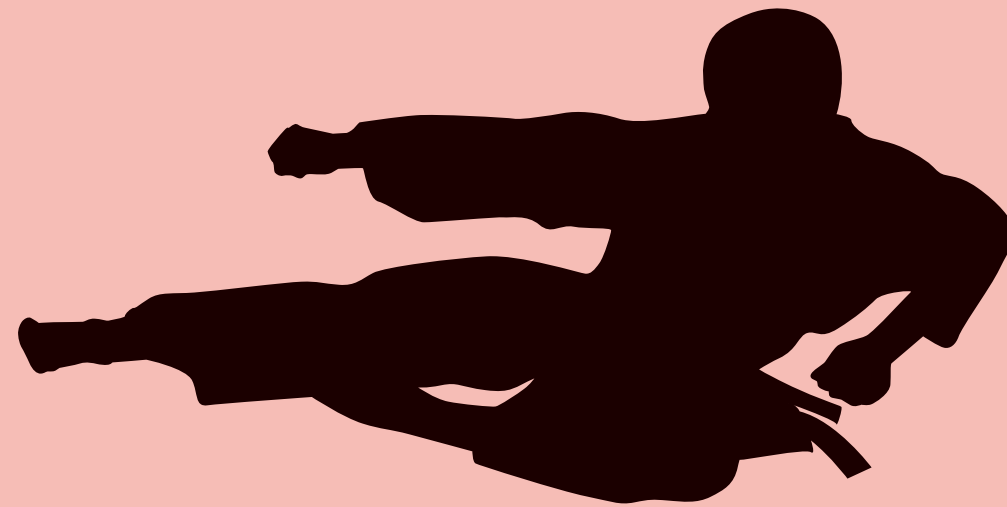


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ALLIED HEALTH | SPORTS & REMEDIAL CLINIC



Injury Prevention for Martial Artists & Combat Athletes

Presenters: James Garcia - Osteopath | Janice Paras - Remedial Therapist

THE REALITY OF A COMBAT ATHLETE



- High-impact striking
- Grappling compression & torsion
- Repetitive load on joints & tendons
- Micro-trauma from pads, bags, sparring
- High risk of overuse injuries

WHY INJURY PREVENTION MATTERS

- Extends training longevity
- Reduces downtime
- Enhances explosive power
- Prevents chronic tendon overload
- Supports peak performance



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2 x Volunteers

Show Your Moves

MANUAL THERAPY FOR FIGHTERS



- Remedial Massage Therapy*
- Myotherapy*
- Osteopathy*
- Physiotherapy*
- Chiropractor
- Exercise Physiologist
- Podiatrist

HOW DOES MANUAL THERAPY HELP?

- Restores joint mobility
- Releases tight fascia
- Improves circulation
- Corrects stance-dominant imbalances
- Enhances neuromuscular control





REMEDIAL THERAPY FOR FIGHTERS

- Corrective soft-tissue work
- Reduces inflammation
- Improves flexibility for kicks
- Prevents micro-tears
- Supports recovery between sparring

MYOTHERAPY FOR COMBAT ATHLETES

- Trigger point release
- Restores muscle elasticity
- Improves shoulder endurance
- Supports tendon resilience
- Enhances proprioception



OSTEOPATHY FOR MARTIAL ARTISTS

- Rotational power optimisation
- Rib mobility for breathing
- Shoulder stability for striking & grappling
- Reduces compensatory patterns
- Ideal for MMA, BJJ, Muay Thai, Boxing



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WHY WE USE TOOLS AND EQUIPMENT DURING TREATMENT?

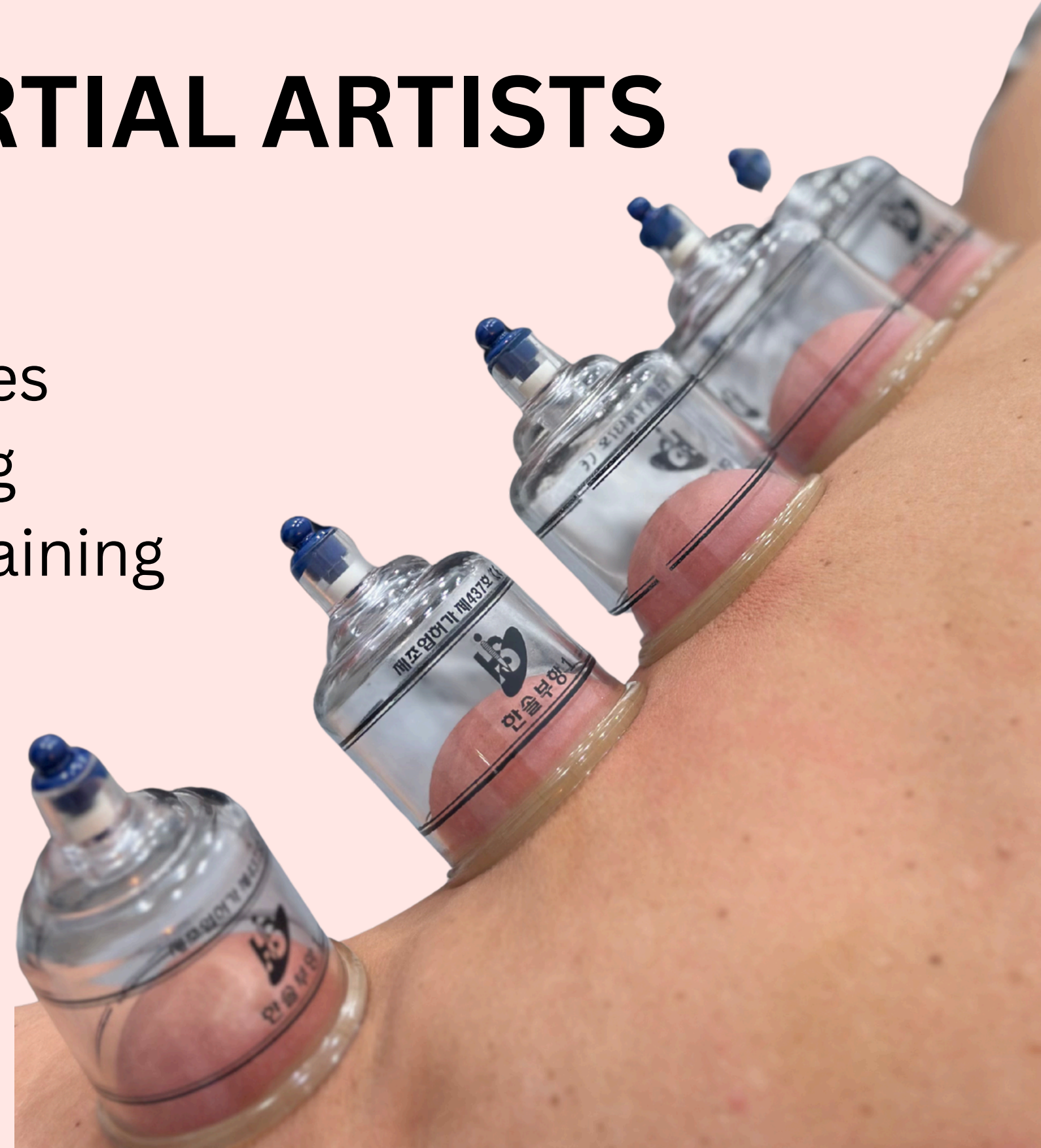
- Accelerates tissue repair
- Enhances cellular regeneration
- Reduces inflammation
- Improves circulation
- Deeper therapeutic impact



CUPPING THERAPY FOR MARTIAL ARTISTS

Benefits:

- Increases blood flow to overworked muscles
- Reduces tightness from striking & grappling
- Helps clear metabolic waste after heavy training
- Improves fascial glide for mobility
- Ideal for:
 - Upper back tightness (clinching, grappling)
 - Hamstring & quad recovery
 - Shoulder fatigue from punching



3 x Volunteers

- Fire Cupping
- Myofascial Cupping
- Functional Release Cupping

DRY NEEDLING FOR COMBAT ATHLETES

Benefits:

- Releases deep trigger points quickly
- Reduces muscle spasms from overuse
- Improves range of motion for kicks & grappling
- Enhances neuromuscular activation
- Ideal for:
 - Rotator cuff overload
 - Hip flexor tightness
 - Calf/achilles tension
 - Forearm strain from grips



1-3 x Volunteers - Dry Needling

- Arms
- Legs
- Back / Lower Back
- Shoulders
- Neck

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MUSCULOSKELETAL ULTRASOUND THERAPY

Benefits:

- Reduces swelling
- Supports tendon healing
- Enhances collagen production
- Ideal for early-stage recovery

1 x Volunteers - Ultrasound Therapy

- Neck
- Arms (Biceps, Deltoids, Triceps, Forearms)
- Legs (Hamstrings, Quads, Calves, Perineals)
- Lower Back / Glutes
- Shoulders / Rotator Cuff



RADIAL SHOCKWAVE THERAPY

Benefits:

- Stimulates tissue regeneration
- Breaks down calcific deposits
- Improves tendon resilience
- Ideal for chronic overload injuries

1 x Volunteers - Radial Shockwave

- Arms
- Legs
- Back / Lower Back
- Shoulders
- Neck

WHY WE USE TOOLS AND EQUIPMENT DURING OUR TREATMENTS?

- Faster recovery
- Improved resilience
- Better movement patterns
- Reduced recurrence
- Enhanced performance longevity



COMMON MARTIAL ARTS INJURIES WE PREVENT

- Rotator cuff overload
- Wrist strain
- Elbow tendinopathy
- Hip flexor tightness
- Knee tracking issues
- Ankle sprains
- Shin inflammation



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KEY TAKEAWAYS

- Fighters need structured injury prevention
- Manual therapy restores balance
- Modalities accelerate healing
- Combined approach enhances performance
- Essential for martial artists at every level



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QUESTIONS?

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Thank You

Presenters: James Garcia - Osteopath | Janice Paras - Remedial Therapist