

FLOW CHART FOR SPORT MEDICAL PROVIDERS

Swimmers who are training more than 5x per week

PREHABILITATION

For injury prevention to ensure best practice for overall good body posture and optimum capability

Muscular skeletal screening min 1x per year
Keep the documents for progress reports and comparisons

Identify weaknesses and work with strength and conditioning to improve any areas of need

Monthly meetings with head coach and head conditioner

Use a preferred and regular massage therapist who will interface with the coach, physiotherapist and strength and conditioning provider.

- Re-occurring tension patterns or pain in the same region 2-3 sessions in a row then refer to physio/doctor
- Regular contact/planned discussion with support team/physio every 3 sessions

IF INJURY OCCURS

Identify the best medical providers in the area. A **team** doctor in your area should be identified and utilised. SNZ lead providers at the HPC contact details:

- **Dr Lynne Coleman** (SNZ Medical Director) - Tel:09 477 3700, Email: lynne.coleman@apollohealth.co.nz
- **Jordan Salesa** (SNZ Physiotherapist) – Tel: 09 477 5420, Email: Jordan@nzasni.org.nz
- **Clint Knox** (Massage Therapist) – Tel: 09 477 5420, Email: clintk@nzasni.org.nz

TREATMENT

(From the providers)

DON'T TAKE ANY MEDICATION UNTIL CHECKED WITH DRUG FREE SPORT!

FEEDBACK

Between medical treatment providers, the swimmer and the coach