

AG Injury Rehabilitation Highlights Sports Injury Clinic Services

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AG Injury Rehabilitation is highlighting its Sports Injury Clinic and the specialist assessment, treatment and rehabilitation services provided by BSc-qualified sports rehabilitator Amy Garratt. The clinic provides structured support for sports-related and musculoskeletal injuries, with services covering initial assessment through to progressive rehabilitation and return to activity.

Based in Wigan, AG Injury Rehabilitation was established by Garratt to provide one-to-one musculoskeletal assessment, injury treatment and sport-specific rehabilitation. Garratt works with competitive and recreational athletes, runners, gym-goers, team sport participants and individuals recovering from musculoskeletal injuries, with each rehabilitation programme developed around the person's injury, activity level and recovery requirements.

Garratt holds a BSc (Hons) in Sports Rehabilitation and has more than 15 years of experience within sports rehabilitation. Her clinical work incorporates musculoskeletal assessment, biomechanics, exercise physiology and progressive rehabilitation, with treatment structured around identifying factors contributing to an injury before establishing an appropriate rehabilitation programme.

Amy Garratt, Founder and Sports Rehabilitator at AG Injury Rehabilitation, said, "Sports injuries can affect people in very different ways, so assessment is an important part of establishing what has happened and what needs to be addressed during rehabilitation. The aim is to give each person a clear understanding of their injury and a structured plan that can progress with them as their movement, strength and capacity improve."

Sports injury treatment at the clinic begins with assessment of the injury, movement and function. Depending on the findings, treatment can incorporate soft tissue therapy, joint mobilisation and progressive loading, with rehabilitation adjusted as the individual progresses. The clinic also provides musculoskeletal therapy for joint

dysfunction, soft tissue restrictions and movement impairments affecting areas including the spine, pelvis, shoulders, hips, knees and feet.

Biomechanics and movement assessment form another part of Garratt's work. Video gait analysis and functional movement screening can be used to examine movement patterns and identify biomechanical factors that may be relevant to an injury. The service is used with people participating in activities including running, cycling and team sports, where movement demands can form an important part of both assessment and rehabilitation planning.

The clinic also provides pain management, return-to-sport rehabilitation and strength and conditioning. Pain management can combine manual therapy, therapeutic exercise and education, while return-to-sport programmes introduce structured, activity-specific progressions between injury rehabilitation and a return to training or competition. Strength and conditioning can subsequently be incorporated to rebuild physical capacity and joint stability following the earlier stages of rehabilitation.

Conditions treated through the Sports Injury Clinic include knee and ACL injuries, ankle sprains, Achilles tendinopathy, hamstring and calf injuries, hip and groin problems, rotator cuff injuries, shoulder conditions, lower back pain and a range of overuse injuries. Post-surgical and post-fracture rehabilitation are also within the clinic's musculoskeletal scope. The specific programme used depends on the individual's assessment and the demands of the activities to which they intend to return.

The focus on the Sports Injury Clinic follows the earlier introduction of AG Injury Rehabilitation and its website, which brought information about Garratt's approach, services and rehabilitation process together online. Further background on the business and its development is available in the AG Injury Rehabilitation company announcement.

Garratt's approach is based on combining hands-on treatment with progressive therapeutic exercise and patient education rather than addressing symptoms in isolation. The clinic's rehabilitation process generally moves from initial assessment to personalised treatment before progressing towards a return to full activity, with sport-specific demands incorporated where appropriate.

AG Injury Rehabilitation operates from 15 Norfolk Street, Newtown, Wigan. The clinic continues to provide sports rehabilitation and musculoskeletal services under Garratt's direction, with information about clinic developments and rehabilitation topics also published through the AG Injury Rehabilitation Facebook page.

For more information about sports injury assessment, treatment and rehabilitation, visit the website.

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For more information about Ag Injury Rehabilitation, contact the company here: Ag Injury Rehabilitation
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Ag Injury Rehabilitation

*AG Injury Rehabilitation helps people recover from injury, surgery and chronic pain through tailored rehab programmes.
Led by Amy Garratt, the clinic combines hands-on treatment with structured exercise to return clients to full function.*

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