# Physiotherapist Bryan Kelly Discusses Footballer Injuries

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London, UK ? One of the most popular sports in the world and certainly popular among amateur players, is the sport of Football. However, the sport is not without risk of injury, especially to knees and ankles. In order to help Ealing area Footballers, CK Physio (www.ckphysio.co.uk) has just published a new blog post authored by Bryan Kelly entitled 'London Physiotherapy Helps Football Athletes Bounce Back from Injury'.

Most athletes are injured during play, yet some seem to recover at a much quicker pace than others. In the realm of professional football, one of those who has quickly recovered recently is Luis Suarez, a player who won fame during the most recent World Cup Event for biting other players.

According to the article, the 'Uruguay national team and Liverpool striker was side-lined by a knee injury that confined him to a wheelchair, and required surgery in May. During the World Cup group stage, Suarez was unable to participate in Uruguay?s match against Costa Rica, but in the game against England, he redeemed himself by making two winning goals'.

The article further relates that 'Suarez?s injury was specifically a tear in the knee cartilage called the meniscus. When twisted or pulled beyond its limit, the cartilage gets pinched or torn apart, causing pain and swelling, and warranting surgical repair. Following surgery, physiotherapy is done to control the persistence of symptoms and restore mobility'.

Registered with the Health Professions Council, CK Physio physiotherapists are Chartered members of the Chartered Society of Physiotherapy. According to the article, the Ealing CK Physio physiotherapists can help 'to plan and create a schedule according to the patient?s condition and the progress of the healing process. The physiotherapist will always prioritise the need for a full recovery without risking aggravation or relapse, as well as minimisation of pain and discomfort'.

To read the article, visit www.ckphysio.co.uk.
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## CK Physio

*Bryan Kelly and Emma Cadwallader started CK Physiotherapy in 2003. Initially the practice was based in Golds Gym in Hanwell. As the practice grew, we moved and from 2008 have been based in Elthorne Avenue where we have 2 dedicated treatment rooms.*

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