

What is Sport Therapy?

A consent form for sport therapy practice

Sports Therapy is an aspect of healthcare that is specifically concerned with the prevention of injury and the rehabilitation of the patient back to optimum levels of functional, occupational and sports specific fitness, regardless of age and ability. It utilises the principles of sport and exercise science incorporating physiological and pathological processes to prepare the participant for training, competition and where applicable, work.

What should I expect to happen at my first visit to a sport therapist?

Your sport therapist should make you feel at ease during your first consultation and any subsequent appointments and keep you informed throughout. You should feel free to ask questions at any point during the consultation. It is quite acceptable to bring a friend or relative along to the consultation if you prefer to do so. An adult or appointed representative should desirably be present with a patient who is 16 years or younger.

On your first visit, and before examination begins, the sports therapist will discuss and record your current and past medical history in detail. It is essential that you inform your sports therapist about any health condition or medication that is not discussed during the case history taking process e.g. if you experience fits, have a pacemaker or other electrical implants fitted, if you suffer unaccountable double vision, vomiting or dizziness or have difficulty swallowing. Equally you should inform your sports therapist if you are receiving treatment or taking medication for other conditions, particularly diabetes, cancer, osteoporosis, asthma, or clotting disorders.

As the consultation progresses, you will then normally be asked to remove some of your clothing so that a series of observations and biomechanical assessments can be made to attempt to identify points of weakness or excessive strain throughout the body. You should ask questions if you have any concerns or discomfort during treatment, and tell your sports therapist if you are not comfortable with certain forms of sport therapy treatments or do not wish to receive other forms of treatment that may be available.

Is sport therapy safe?

Sports therapy is generally very safe. Sport therapists undergo a long period of training and are regulated by the society of sports therapy SST (<https://thesst.org/>). Training prepares sports therapists to examine and screen for potential difficulties that indicate where certain techniques should not be used, thereby avoiding patients being exposed to unnecessary risk.

What responses can I expect to a sports therapy treatment?

Many patients consult sport therapists looking for relief from painful symptoms; some patients experience some initial aching for 24 to 48 hours after treatment but then start to gain relief from their symptoms. Research has been undertaken to look at common responses to manual therapy treatments and this has shown that local discomfort, tiredness, headaches, or stiffness can occur after treatment in approximately 10-20% patients.

In certain circumstances, further investigations may be suggested which could include an x-ray or blood test. This will allow a full diagnosis of the problem to be made and will enable the sport therapist to tailor a treatment plan to your needs. If further medical treatment is needed the sports therapist may contact your doctor, with your permission.

Consent

I hereby consent to – insert sport therapist's or practice name - to contact my general practitioner, either verbally or in writing, which may involve releasing details of medical information, notes held and/or treatment received at the practice.

Statement of Consent for adult patients

I confirm that I have read the above information; I confirm that I have had the opportunity to discuss any concerns with the sports therapist and have understood what has been explained to me. I consent to receive sport therapy treatment on this occasion, but I understand that I can refuse treatment (or any part of treatment) now or in the future without jeopardising future treatment at this practice. I understand that it is important that I inform my sport therapist of any concerns, reactions or discomfort associated with treatment. I understand that I can also request to see another practitioner at this practice (not applicable to single practitioner practices).

Statement of Consent for patients aged 16 years or younger.

I confirm that I have read and understood the above information, and I consent, as parent, guardian or appointed carer to this patient receiving sport therapy treatment at this time. I understand that they can refuse treatment (or any part of treatment) at any time in the future without jeopardising future treatment at this practice.

More details on LBC specific procedures on Infection Control & PPE in Clinic Setting is available to read should you wish to know more about how we are prioritising your safety whilst in our care.