The effectiveness of osteopathy in treating sports injuries is shown by looking at one athlete's progress:

Steve, a 31 year old runner and triathlete had pain in his right shin region after running and swimming. A full assessment including taking a detailed history and physical examination was carried out to diagnose tendinopathy of the Tibialis Posterior muscle - a form of ‘shin splints’. This muscle supports the arch of the foot, and contributes to pushing off the toes during running.

Treatment included:
1. Specific, dynamic release of affected muscle and tendon with deep massage.
2. Mobilisation of joint restrictions in foot and hip. (Restoring the normal movement is important to help prevent the muscles tightening up again).
3. Spinal manipulation to relieve lower back stiffness and sensitivity. Manipulation also helps to restore normal activation of nerves that supply the dysfunctional muscles; immediate improvement in muscle power is often noted.
4. Rehabilitation exercises to strengthen weak muscles. (If there is continual pain, stiffness or resistance to movement, exercise alone may not help. Barriers to movement and muscle activation are removed first, using the methods described. Rehabilitation exercises are then more effectively employed, thus accelerating the rate of recovery).
5. Contributory factors such as work and driving posture were addressed.
6. Sports-specific analysis of movement was performed:
   - Swimming - use both feet evenly to push off at turns, rather using mainly the right foot.
   - Running - minimise the use of racing shoes during training, as these lack the support afforded by normal running shoes.

The results
A rapid resolution of symptoms after four visits, and a swift return to enjoying pain-free competition.