



FAQ

Acute Injury

Acute Injury Care - Why CSSM?

"The best expertise" is CSSM's driving philosophy. Foremost in this philosophy is the understanding that when an injury occurs and you are in pain, finding out what is wrong and what to do is of the highest priority.

With Acute injury, timely assessment and management is the foremost importance. For this reason CSSM is open 7 days a week, with extended hours on weekdays. Ensuring that in most cases we can offer you an appointment with one of our practitioners the same day or certainly within 24hours.

What is an acute injury?

Acute injuries are those which occur suddenly during activity. They are most commonly associated with a traumatic event such as sport, unplanned, or unexpected movement. This incident is usually followed by immediate tissue response in the form of pain and / or swelling. Often acute injuries result in severe levels of pain and disability making prompt assessment, diagnosis and management a priority.

What is involved?

The practitioner will assess and diagnose the injury. A treatment plan will then be implemented to assist in pain reduction, reduce inflammation and effectively speed up the natural healing response. For more serious injuries CSSM practitioners can refer for X-Ray, MRI or a medical intervention if the need arises.

Early management is aimed at preventing any further complications including, but not limited to, joint stiffness, muscle tightness, and muscle weakness. Your appointment will include:

- A comprehensive subjective examination relating to the mechanism of injury, current functional level, previous injury history, and goals for treatment
- Thorough assessment of pain, joint range, muscle function, and other relevant testing
- An explanation of your diagnosis
- Clear details of the expected prognosis, time-frames, and a plan for treatment
- Implementation of treatment and a home management program, depending on your injury, may include the following:
 - o Soft tissue, massage, dry needling techniques
 - o Joint mobilisation
 - o Protective strapping or bracing
 - o Movement re-education
 - o Home or self-management strategies
 - o Exercise prescription
 - o Referral for imaging or medical treatment

How long does it take?

A comprehensive assessment for an acute injury can take between 30 - 40 minutes for the first appointment. Depending on the nature of the injury, your treating practitioner will discuss specific time-frames to achieve full recovery.

How many treatments will I need?

In most cases your practitioner will expect to see positive results within 2-4 treatments for common symptoms. However, it must be emphasised that each individual is unique and it may take several visits before you return to normal.

Making an Appointment?

Our Osteopathy and Physiotherapy practitioners are experts in providing detailed examination and diagnosis, then providing treatment quickly and effectively.

Appointments can be made 7 days a week at CSSM by calling the clinic on 03 9889 1078. Alternatively appointments can be made via our online portal at our website www.cssm.com.au

Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often refer patients to see our team, a referral is not necessary. Physiotherapy is a complementary form of treatment and works well when used in conjunction with medical treatment.

Is treatment covered by my private health fund?

Depending on your level of cover our treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports & Spinal Medicine is able to offer "on the spot" rebates via HICAPS. The rebate varies depending on your health insurer and level of cover so check the details of your policy. We want you to be able to achieve the maximum benefit from your health insurance so if you have any queries please check with our reception staff.

What to wear?

It is best to wear loose comfortable clothing that enables clear assessment and access to the injured body part(s). Shorts are preferred for lower limb issues. Females should wear a singlet top or sports bra for neck and shoulder issues.



1431 Toorak Road Camberwell 3124 | t/ 03 9889 1078 | www.cssm.com.au

Open 7 Days

Monday 8 am - 8:30 pm
Tuesday 7 am - 8 pm
Wednesday 7am - 8:30 pm
Thursday 7 am - 8:30 pm
Friday 7am - 5 pm
Saturday 8 am - 4 pm
Sunday 9am - 5 pm