

## Andrew Gaze is no stranger to ankle injury... Read how physiotherapy helped him!

*He says 'there was a double benefit from physiotherapy: it helped him recover faster from injury, and also helped prevent injury'*

Andrew Gaze is Australia's best known basketball player. Gaze excelled at the international level, playing in a total of five Olympic Games and led them to their best performance, fourth at the 1996 Summer Olympics. He is the scoring record holder in Olympic competition, and second-highest scorer of all-time in World Championship play!

Gaze has had a long and successful career. He holds the record for the most games played in the Australian NBL. And this basketball champion says that one of the keys to his survival was the lessons he learned from physiotherapy. Over a playing career spanning 19 years at the top level Andrew worked closely with physiotherapists.

Rehabilitation after three separate episodes of ankle surgery was managed successfully with the help of physiotherapy, and Andrew gives credit to ongoing and regular physiotherapy treatment as a significant factor that helped him keep playing.

Apart from rehabilitation after ankle surgery, Andrew received physiotherapy for knee and lower back problems throughout his playing career. He says there was a double benefit from physiotherapy: it helped him recover faster from injury, and also helped prevent injury. Another major advantage was assistance with conditioning – a term used to describe the processes used to increase physical capabilities in any sports person ('fitness' would be another term.)

Just like Andrew, you can also recover fast from injury, and prevent injury with physiotherapy!

### What should I do if I sprain my ankle?

**R**

**Rest:** Take it easy and only move within your limit of pain.

**I**

**Ice:** As soon as possible, and for 20 minutes every two hours (for 48-72 hours), apply ice or a frozen gel pack wrapped in a damp towel.

**C**

**Compression:** Firmly bandage the entire ankle and lower shin. This helps to control swelling.

**E**

**Elevation:** As much as possible, elevate your ankle higher than the level of your heart to reduce swelling.



