



Weight can be a major contributing factor in many musculoskeletal injuries:

Excess weight results in excess load being placed on joints and soft tissues such as muscles, tendons and ligaments, while undernourishment can be equally detrimental to your body.

Sports nutrition is incredibly important for maintaining and improving performance and avoiding injuries. Your body is at its most vulnerable when it doesn't get the right nutrients, meaning a balanced diet is essential for avoiding injuries and optimising rehabilitation.

### WHAT PHYSIOONE CAN DO FOR YOU?

PhysioOne works closely with qualified nutritionists to ensure your body is getting the right nutritional balance of carbohydrates, proteins, fats and supplements to optimise performance and injury rehabilitation.

As you work to achieving your weight and fitness goals you may find that your body is placed under new loads. PhysioOne works alongside your nutritionist and/or trainer in tailoring your fitness programme to ensure that these loads on your body are managed effectively and do not result in excessive loading and injury.

