Introduction to Rugby

Physiotherapy in Huntsville for Rugby

Welcome to ProActive Rehab's resource about rugby.

The extreme physicality of modern rugby often makes other contact sports look like child's play. Often described as a collision sport rather than a contact sport, physical fitness has to be at an optimum to succeed in rugby.

During actions like scrummaging and tackling the body is required to be physically tough to absorb the forces acting on it. In addition the modern game is played at an ever increasing pace and even the front row forwards now need to be quick around the park. This balance between raw power and agility is a delicate one and training in the wrong way can reduce your effectiveness on the pitch or worse, put you at risk of injury.

There is no more depressing feeling than watching your team mates run out on the field while you sit injured on the sidelines – but many injuries are preventable. This 'prehabilitation' should be at the forefront of any athletes mind. Working with your physiotherapist to ensure that you are not only physically fit, but training within a sport specific regime gives you the greatest possible chance of remaining injury free.

Inevitably, however, injuries do happen. Our physiotherapists are skilled at not only diagnosing and treating injuries, but designing sport specific rehabilitation programmes to reduce the likelihood of the injury ever happening again. Let ProActive Rehab take you through the vital steps to stay healthy, fit and at the top of your game.

Click below to learn more about:

- Common Injuries
- Stetching Guide
- Selecting Equipment

ProActive Rehab provides services for physiotherapy in Huntsville.