

## DOES THE PAIN IN YOUR WRIST, FINGERS OR THUMB AFFECT YOUR BOWLING PERFORMANCE? YOU ARE NOT ALONE.....

Australian Bureau of Statistics estimate that lawn bowls is the fifth most common sport in Australia. The most commonly recorded injuries in the lawn bowling population are to the ankle and the wrist.

In addition many bowlers adjust the size or weight of their bowl as a result of some type of upper limb dysfunction such as arthritis. Some individuals choose not to play or to play less frequently because of pain and loss of capacity. Many sprain/strain injuries can heal well with limited intervention but some conditions can result in permanent dysfunction which can be minimised with appropriate orthosis/supports/exercise.

EKCO Hand Therapy is a dedicated team of registered Occupational Therapists and Physiotherapists who are specialised in the management of Hand and Upper Limb Conditions. As Practitioners in hand therapy we frequently manage the treatment of:

- Osteoarthritis
- Soft-tissue injuries including wrist sprain/strains, tennis elbow, golfers thumb
- Fractures and Dislocations
- Nerve and Tendon/Ligament Injuries
- Sports Injuries
- Protective splinting approved for competition

So don't just "hope it will get better on its own", contact EKCO Hand Therapy to enable appropriate management, optimal recovery and early return to the game.

