



NATURAL BALANCE
PHYSIOTHERAPY & SPORTS INJURY

Case Study – Jake Edwards

Background

Jake Edwards could be on the path to athletic prowess as he is on target to represent Wales in the Commonwealth Games this year. During the trials in September last year, Jake achieved the floor routine score he needed to go forward to the British Championship where he gained 6th place within the seniors in the floor routines. In the Northern European Championships held in Cardiff in November 2021, Jake was part of the Gold-medal winning team representing Wales!

Gymnastics run in the family as both of Jake's parents are coaches and his older brother, Matthew, also represented Great Britain. In 2019, Jake became a triple Under 16s British Champion.

Now 18, Jake is continuing to battle a long-term shoulder injury which is preventing him from achieving even higher accolades in the world of gymnastics.

Word Of Mouth Recommendation

“At the beginning of 2021, I knew I needed professional help if I was going to make it to the trials for the Commonwealth Games. Luckily, Marco who heads up the Olympus Gymnastics Club where I train regularly, knew Phil from Natural Balance Physiotherapy & Sports Injury and was quick to recommend that we have a consultation,” commented Jake.

From the beginning, I had full confidence in Phil as he took a detailed history and performed a physical assessment to make sure the issue was a soft issue injury and not a

damaged structure which would need further investigation and advice from an orthopaedic consultant.

How We Helped

Phil advised me on treatment to manage the pain and showed me a range of exercises to help correct force imbalances around the affected shoulder. Phil's aim was always to try and fix the problem naturally.

From analysis of videos taken while I was in action on the high bar, parallel bars and rings, Phil was constantly showing me ways to improve my technique and minimise the risk of further injury.”

“He showed me how to improve my posture and how to improve other areas of my body which, in turn, would help ‘fix’ my shoulder,” Jake continued.

At one point during the treatment programme, Phil and Jake worked together twice a week – once at Phil's clinic and then at the gym so Phil could see Jake's progress in action. In fact, Phil helped Jake throughout most of 2021 – only cutting down on the time spent on rehabilitation when Jake went into the pre-trial programme. Exceptionally tough on gymnasts, Jake's focus had to be on learning his new routines and preparation.

About Phil

“If I had to describe Phil, I would immediately say he is a very positive person – and very kind,” said Jake.

“I always felt I could ask him anything and if I ever had any niggles, he would give me an honest assessment and ideas of how to overcome them. He even helped me with other issues such as shin splints which are very common in gymnasts.”

“I would always recommend Phil – he's good!” Jake concluded.

Whatever Phil did to help Jake, it certainly worked as his results in the recent trials and competitions testify.

“Jake is a fantastic athlete and gymnast. Highly motivated, receptive to advice and dedicated to his sport. It's always exciting seeing people challenge their boundaries and seek to maximise their potential when, especially after having put in the hard work, they achieve success,” Phil commented.

“Jake and his supportive coaching parents have been, and continue to be, a pleasure to work with. Now we are onto the last few months before the Games begin and we are with them all the way. Best wishes Jake,” Phil concluded.