Introduction to Muscle Injury

Welcome to Fit For Life Physiotherapy's patient resource about muscle injury.

By most counts, there are around 650 muscles in the body that work to keep our limbs and torso moving when we need it to move, or keep it stable when stability is required. If you suffer from any sort of injury to these muscles it can seriously hinder your ability to get up and go, whether that be for sport or just for being active in your everyday life. A muscle injury that isn't well taken care of can recur and lay you up for months so proper early diagnosis and rehabilitation is critical.

This area of our site is designed to help you learn about common muscle injuries. It will provide you with information that will allow you to understand why and how muscle injuries happen, prevent them from occurring, but to also manage them if they do occur. After all, with over 600 muscles, the chance of injuring one of them at some point in life is high. Why not prepare yourself with some knowledge to make your recovery as expedient as possible?

Click on a link below to learn more:

- Muscle Strains
- Myositis Ossificans
- Muscle Cramps
- Calf Strains (Coming Soon)