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# SPORT

## RUSH OF BLOODS TO GRAND FINAL

SWANS TURN OFF POWER P92



# STAYING COOL AMID A CRISIS

Temperatures of -162C are just part of Turbo's week as the Sea Eagles' champion fullback does everything he can to play through knee and shoulder injuries. But he says the pain will be worth it if he can lead Manly to glory.



David Riccio, Michael Carayannis, Brent Read

Struggling to sleep, enduring searing pain simply turning the steering wheel of his car, and subjecting his body to -162C temperatures, Tom Trbojevic has revealed the extreme lengths he's going to for his club.

Trbojevic is pushing through the agony caused by a grade three AC-joint injury and MCL knee injury to try to overcome the Sydney Roosters in Saturday night's semi-final at Allianz Stadium.

Requiring multiple painkilling injections to end Canterbury's season last Sunday, Trbojevic says he's ready to put his body on the line again against the Roosters.

"It's feeling better this week," the champion fullback said.

"It's just a pain (tolerance) thing. The first game is going to be sore and then it gets better."

### LIVING IN PAIN

Just dealing with normal day-to-day life is a challenge given Trbojevic's shoulder injury.

Something as simple as writing his name, opening the fridge or reaching for the breakfast cereal tests his pain threshold.

"Obviously shoulder injur-



Manly's Tom Trbojevic receives cryotherapy this week.

ies, when you initially get them they are quite sore. So it makes it difficult to sleep," Trbojevic said.

"Driving is also different, trying to turn a wheel. It gets sore after games but that's no different to any shoulder injury.

"Initially you are in a sling so you can't do too much. But it is just sore."

NRL Physio Brien Seeney said he was in awe of Trbojevic's modesty and bravery.

"Along with rib injuries, I'd say AC joint injuries are the two most painful injuries in footy," Seeney said.

"It hurts with every move that you make in that shoulder. "It doesn't pose a lot of long-term issues, but in the short-term it does cause a lot of pain. You're literally playing with an unstable shoulder joint."

### NFL TREATMENT

Trbojevic has been undertaking cryotherapy and a red light therapy - used by NFL heavyweights San Francisco 49ers - to help with his recovery.

He was there as recently as Thursday and uses the treatment up to three times a week.

Health practitioner and co-owner of CRYO Northern Beaches in Freshwater, Dimple Naik, said Trbojevic had become a regular in recent months.

"Tom has been using cryotherapy to aid in his recovery and enhance his physical and mental performance," Naik said.

"Cryotherapy exposes the body or parts of the body to subzero temperatures reaching -140°C.

"The fully immersive whole body cryotherapy chamber at CRYO Northern Beaches is the only TGA approved chamber that reaches temperatures of -140°C and the treatment time is only three minutes.

"When you step in the cham-

ber, the body goes through a 'fight or flight' response activating the nervous system, and all the blood rushes to the core to protect the heart and vital organs.

"When you step out of the chamber, fresh blood circulates the system to instantly reduce pain, muscle soreness and inflammation.

"In addition, as the head a n d

neck are also exposed to those temperatures, it ignites the sympathetic and parasympathetic nervous system to reduce stress, anxiety and provide mental clarity and focus.

"Tom has also been incorporating red light therapy and localised cryotherapy for his shoulder treatment when he

## Mental wipeout helped beach boys pick themselves up again

Brent Read

Manly captain Jake Trbojevic has revealed the secret mantra that has helped inspire the Sea Eagles' stunning finals win over the Bulldogs - only a week after they were taken to the cleaners by the Sharks.

Manly had the chance to host a home game on the weekend of the finals but a shattering loss to Cronulla at 4Pines Park in the final round

meant they were forced to play a sudden-death game before 50,000 screaming Dogs fans at Accor Stadium last weekend.

Trbojevic takes every loss hard but defeat at the hands of the Sharks was particularly devastating given what was at stake.

Somehow, Manly were able to pick themselves up and produce one of the best wins in their recent history against the Bulldogs to set up another

must-win showdown against the Sydney Roosters at Allianz Stadium on Saturday night.

The Saturday Telegraph can now reveal the role sports psychologist Andrew May played in lifting Sea Eagles' spirits heading into the Bulldogs showdown.

May, who has worked with some of the biggest sporting teams in the country, was brought on board by Manly coach Anthony Seibold at the

start of last season and has preached the benefits of "wiping the board clean", those words resonating as they lifted spirits in the wake of the Sharks loss.

"It's something I have had to work on too - just flushing things," Trbojevic said.

"We talk about - it's very cliched - wiping the board clean. We lost, we didn't get a home final, but we have to start again. We moved on really

quickly from poor performances.

"That is something we have done really well. The fact that a final was on, for someone like myself I haven't played in enough finals to waste these opportunities."

Trbojevic's finals records is a source of consternation for one of the game's most wholehearted performers. Since making his first grade debut a decade ago, Trbojevic has only

played in seven finals.

"I have barely played a finals game my whole career," Trbojevic said. "To be in the finals and in week two, not just making up the numbers, everyone is really excited about it."

"That's where you want to be. History has shown that this is where this club belongs. I think we have played in 19 grand finals in 80 years. It is an amazing record to be back there and still going."

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