



with the Ultrasound machine. It was switched on! the 'knees bend' treatment.



'Shady' deals with more than cuts and bruises!

FEAR not! I was not at Wycombe Wanderers searching for an inside story, nor was I about to sign for the club.

Anyone that plays with me for the Bird in Hand in the High Wycombe Sunday Combination Division One will tell you there's no chance of that!

No. I was at Loakes Park the other evening to have treatment on an ankle injury received during a training session.

The man charged with the onerous responsibility of putting me back on the football pitch was physio Dave Springell, 48.

After an hour or so on the couch, having received heat and ultra sound treatment I was pronounced fit for combat.

Dave joined the staff at Wycombe when the club needed someone to look after the Reserves who were re-formed under manager Mike Keen. "I came down here as a favour for Mick", recalls Dave, who picked up his nickname 'Shady' at a darts match years ago. He doesn't know why.

Previously he had been sponge man at Flackwell Heath, where he lived as a youngster, and Prestwood, but had spent a couple of years out of action when Keen asked him to help out.

Intensive

He is a real behind the scenes man. His sole concern is with getting players over injuries as quickly as possible, and can often be found opening up the physio room more than just the twice a week when the club trains.

MIKE ALLEN receives treatment from Wycombe Wanderers' popular physio who quietly plays such a big part in the running of the club.

"It's amazing what two or three days intensive work on an injury can do" says 'Shady', who earlier this year was out of action for a while himself.

While operating a band saw at the furniture factory where he works he nearly severed a finger. Only his quick thinking and instructions to workmates saved the joint.

But typically, Dave made a joke of it at the time. "It's a bit tender" he commented. The surgeons wanted to amputate the finger, but he would have none of it, and instructed them to save it if at all possible.

Eventually, after it had been pinned and wired for a couple of weeks, it became clear the finger would be saved — but the job of the nurses at Wycombe General Hospital was not over yet.

The physio there gave him exercises to do — and he promptly devised his own. He still has no movement from the end joint in the finger though.

There is more to being a football club physio these days, than doing a bit of massage and running onto the pitch with a 'magic' sponge.

Much of the treatment is psychological. One story goes about a Wycombe player in the mid 70s who was given injections of water — and found instant relief from what he thought was a pain-killing injection!

In the days of John Clinkard it was not un-

known for him to use the ultra sound machine — but not switch it on. Players still felt better after treatment!

'Shady' says he doesn't do that sort of thing. Of course not!

Dave is qualified to use all the equipment necessary to get the Wycombe players back in action, the main accessory being the ultra sound equipment

He has run the show in the two couched room below the main stand for nearly two years, since the departure of Clinkard to Fulham — and now Everton.

Amiable

He tends to just about every knock, cut, strain and pain imaginable, which on the evening I was there ranged from corns to hamstrings — with dispensing chewing gum as a side-line.

Dave, a popular and amiable figure around Loakes Park, is a local person through and through. His playing career was spent mainly with Flackwell Heath (or Frack'ell if you're a local) although he had a short spell in Wycombe Reserves.

He plans to give up in the not too distant future, certainly within a couple of years. Then where will be one Sunday morning footballer, at least, go for treatment?