

Former Athlete Profile - (Retired) Sheena Steinert

Contributed by Nick Fiedler
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Sheena is an outstanding athlete who joined the squad in May 2012, however brought with her a pre-existing condition of hamstring tendonitis. After only a few sessions it was quickly identified that a diagnosis was required to definitively determine the cause for her dull hamstring pain that she had carried through the latter part of the previous season. Diagnosis confirmed initial thoughts and immediate rest for extensive time is required to overcome this overuse injury. Cross training was provided whilst allocating none or little running to commence the lengthy rehab process. Despite initially starting this process Sheena decided that she had had a career littered with injury and no longer wanted to go through extensive rehab to most likely come to a similar point when running well. She has now found a more balanced life and is very content and happy with her decision to retire from athletics, catching up on all the things in life she had previously overlooked. She remains a close friend of many in the squad.