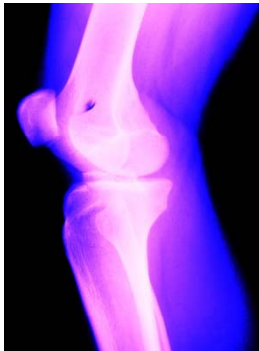




Prevention of Common Fitness Injuries

How to avoid them and what to do when they occur



Nirvana Spa and Pulse 8 Seminar Series – Week 4



Overview

- There are several ways in which injuries may occur, and it is knowing these causes that might help prevent them.
- Cause of injury might include:
 1. Accidents
 2. Poor joint alignment
 3. Muscular imbalance
 4. Improper kit
 5. Overuse
 6. Changes in training (and/or specificity)



Lower Back Injuries

- 80% of adults in the UK and Ireland suffer from lower back pain at some point. Regular exercise can eliminate these problems
- Causes include weak lower back, abdominal and gluteal muscles, inappropriate training programmes (high impact, improper technique), inactivity, or failure to bend knees and lifting with your back
- How to avoid it - Decompression exercises and stretching. Get active, this will help joint mobility and strength.



Strains and Sprains

- A **Strain** is an overstretched or torn **tendon** (attachment of muscle to bone). A **Sprain** is a torn or overstretched **ligament** (connects two bones together)
- Apply ice to the injured area for the first 24-48 hours (15-20 minutes at a time three to four times a day). Stretching can help prevent these injuries
- Be sure to use supportive footwear. If your footwear is more than six months old, replace them! **Buy what fits well and feels good - not what's fashionable**
- Make sure you warm up and cool down adequately, stretching muscles progressively. If a muscle tightens up, stop exercising to limit the chance of strains occurring.



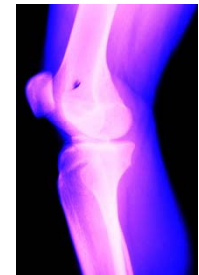
Achilles Tendonitis

- The Achilles tendon attaches the heel to the calf. This is a common injury in runners, tennis players, cyclists and high heel wearers. Stretching the foot, calf and hamstrings can help alleviate this injury
- In some cases, you may need to stop exercising for a few days. Ice is a good remedy but avoid stretching or strengthening exercises that put pressure on the heel
- Ensure your footwear fits properly and provides you with plenty of support
- Remember to **warm-up**, to stretch the leg muscles and tendons to avoid injury, while preventing the build up of stress in your Achilles tendon. Do not forget to do a cool-down as well and remember your limits.



Knee Pain

- The knee is one of the most complicated joints in the body as there are so many ways to injure it (Knee Cap, Cartilage, Ligaments and Tendons)
- Most knee injuries are caused by **repetitive activities** such as stair climbing, cycling, jogging or jumping, which stress the joint and surrounding ligaments and tendons
- Many knee injuries start with the same symptoms. R.I.C.E is a great treatment for minor injuries. More serious injuries may require therapy or surgery
- Prevention of these injuries include warming up and cooling down sufficiently, stretching and strengthening **hamstring and quadriceps muscles** and cross train. Try to avoid placing too much strain on the knee, and gradually increase impact exercises.





Rotator Cuff Injuries



- The rotator cuff consists of a group of muscles and tendons that control movement in the shoulder joint. Throwing, catching, serving in tennis, swimming and lifting heavy weights can stress the rotator cuff muscles
- Ice and compression can help alleviate the pain. In some cases, surgery or therapy is necessary. Take time off from heavy lifting. Be sure your form is correct when weight training, throwing, serving, etc;
- Avoid pull downs and presses behind the head as they place the shoulder in a poor position encouraging impingement.
- Do not lower weight below parallel when bench pressing for the aforementioned reason.



Tennis/Golf Elbow

- Tennis elbow is an inflammation of the tendon on the outside of your elbow. Golf elbow is an inflammation of the tendon on the inside of your elbow. They are generally caused by overuse of the arm and forearm muscles
- To help avoid this injury, don't lock out your elbows during training/exercise, wear compression wraps and bandages, strengthen wrist muscles, and biceps and triceps muscles to avoid future episodes
- Treatment – rest it, ice it and support it!





Stress Fractures

- Stress fractures are micro fractures (hairline) that run along a bone in your foot
- Symptoms include sudden pain down the top of one or two of your toes. Redness or swelling on the top of the foot may appear and there may be pinpoint pain when touched. X-rays may be taken, and use of anti-inflammatory medications, ice, elevation and rest
- Eat a healthy diet which includes **vitamin D and calcium rich foods** to dramatically reduce the incidence of stress fractures
- A varied exercise routine that includes cardiovascular exercise, flexibility and strength exercises can help prevent stress fractures.



Neck Pain

- How often have you woke up to find you can't turn your head? Incorrect technique during strength training (esp. Ab crunches) or cardio can lead to neck pain. Moist heat is your best treatment. Showers, whirlpools and warm wash cloths will be helpful
- If you experience tightness in your neck, gently stretch it out
- Never roll your head around in circles. Stretch to the front, the back, then right and left slowly and gently. Massage is also good at relieving knots
- Exercise to strengthen and stretch the neck and shoulder muscles, whilst properly supporting the back & neck at all times.



Chafing

- Chafing is a painful skin irritation caused by friction, usually where clothing touches your body between the legs, bra line, underarms, sock line or your shirt rubbing against your skin
- To prevent chafing, try clothing in different cuts or fibres. Avoid cotton because it stays wet. The new synthetics are a better choice. For chafed thighs, try Lycra tights, which may minimise friction. Women should look for sports bras with flat or covered seams
- Chafing can be caused by loose running clothing, so it's better to wear clothes that are snug
- For additional protection, cover areas with band-aids, or by applying Vaseline or talcum powder.



Questions?