

SPRING INTO ACTION: PROTECT YOUR HANDS AND BODY



As spring approaches, the risk of sports injuries increases for everyone, regardless of athletic ability. Here are a few tips to help you prevent injuries:

Common Sports Injuries:

- Muscle strains and sprains
- Tendinitis (shoulder, ankle, joints)
- Shin splints
- Overuse injuries (like tennis elbow)
- Fractures
- Knee, back, and hip injuries (especially labral tears)

PREVENTION TIPS:

Ease back into activity: After winter, many lose some fitness. Trying to jump back into intense exercise too quickly can lead to injuries, like shin splints or muscle strains. Start slow and gradually increase intensity.

Warm up and cool down: Always take time to warm up before and cool down after exercise. These steps are crucial in preventing injuries and ensuring you recover faster.

Cross-Train: Doing the same activity repeatedly can cause muscle imbalances and overuse injuries. Mix up your workouts by incorporating different forms of exercise, such as running, biking, swimming, etc.

Take rest days: Rest is just as important as exercise. Schedule at least one rest day per week and avoid training the same muscle groups on consecutive days to allow proper recovery.

While we're here when you're injured, we'd rather see you stay injury-free!