



8 TIPS TO PREVENT SPORTS INJURIES

1.



Wear appropriate equipment that properly fits the body of the person using it.

2.



Increase activity level gradually. Be careful not to do too much too fast.

3.



Do something every day of the week even 20 minutes a day + instead of a lot one day of the week.

4.



Stretch before and after exercise. Do a light warm-up before stretching.

5.



Rest well to avoid overuse and fatigue, and to increase mental and physical alertness.

6.



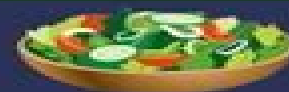
Hydrate. Drink water before, during and after exercise.

7.



Learn the proper way to do the sport you are participating in. Consult coaches or other experienced players.

8.



Eat a well-balanced diet so the body is well-nourished during exercise.



Sports Injuries Mechanisms Treatment And Prevention

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Sports Injuries Freddie H. Fu, 2001 **Sports Injuries** Richard C. Schneider, John Conway Kennedy, Marcus L. Plant, 1985 Sports Injuries Freddie H. Fu, David Alan Stone, 1994 Sports Injuries, 1985 *Orthopedic Physical Assessment - E-Book* David J. Magee, 2007-12-10 Newly updated this full color resource offers a systematic approach to performing a neuromusculoskeletal assessment with rationales for various aspects of the assessment This comprehensive text covers every joint of the body head and face gait posture emergency care the principles of assessment and preparticipation evaluation The latest edition of this core text is the essential cornerstone in the new four volume musculoskeletal rehabilitation series Thorough evidence based content provides the information and detail you need to select the best diagnostic tests Extensively updated information incorporates the latest research and most current practices Case Studies help you apply what you learn from the book to real life situations Tables and boxes throughout the text organize and summarize important information and highlight key points Chapter Summaries review the assessment procedures for each chapter to help you find important information quickly Case Histories in each chapter demonstrate assessment skills to help you apply them in practice Reliability and validity of tests and techniques included throughout help you choose assessment methods supported by current evidence A new full color design clearly demonstrates assessment methods a variety of tests and causes of pathology A Companion CD ROM with all of the references from the text linked to MedLine abstracts reinforces concepts from the book Primary Care Assessment chapter includes the latest information on the constantly evolving state of physical therapy practice Includes the most current information on the assessment of the cervical spine hip posture and foot and ankle to keep you up to date on current methods of practice Sports Science Handbook: I-Z Simon P. R. Jenkins, 2005 A valuable reference source for professionals and academics in this field this is an encyclopedia dictionary of the many scientific and technical terms now encountered in kinesiology and exercise science **Sports Injury Prevention and Rehabilitation** David Joyce, Daniel Lewindon, 2015-12-14 World class rehabilitation of the injured athlete integrates best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting edge sports science In this ground breaking new book leading sports injury and rehabilitation professionals strength and conditioning coaches biomechanists and sport scientists show how this integrated model works across the spectrum of athlete care In every chapter there is a sharp focus on the return to performance rather than just a return to play The book introduces evidence based best practice in all the core areas of sports injury risk management and rehabilitation including performance frameworks for medical and injury screening the science of pain and the psychology of injury and rehabilitation developing core stability and flexibility performance retraining of muscle tendon and bone injuries recovery from training and rehabilitation end stage rehabilitation testing and training for a return to performance Every chapter offers a masterclass from a range of elite sport professionals containing best practice protocols procedures and specimen programmes designed

for high performance No other book examines rehabilitation in such detail from a high performance standpoint Sports Injury Prevention and Rehabilitation is essential reading for any course in sports medicine and rehabilitation strength and conditioning sports science and for any clinician coach or high performance professional working to prevent or rehabilitate sports injuries

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