



Sara Gordon & Associates

Physiotherapy Newsletter

Injury Prevention

Many injuries are preventable. The best protection from injury is correct warm up and conditioning which can help you avoid unnecessary injury. This applies just as much to activities such as gardening or DIY as sports - I see as lots of injuries which are not sport related!

Warm Up

Warming up is often overlooked but should be part of your injury prevention routine. A good warm up will:

- Increase the temperature of muscles - they work better at a temperature of 40 degrees.
- Increase blood flow and oxygen to muscles.
- Increase the speed of nerve impulses - making you faster.
- Increase range of motion at joints reducing the risk of tearing muscles and ligaments.

Warm up will not only help avoid injury but will also improve performance.

A warm up should consist of:

- Gentle jog to circulate blood and oxygen supplying the muscles with more energy to work with.
- Stretching to increase the range of motion at joints (see below).
- Sports specific exercises and drills.

The warm up should last between 15 and 30 minutes. Do not warm up too early. The benefits are lost after about 30 minutes.

Cool Down

This is also often overlooked in favour of sitting down and resting! However, it can help avoid injuries and boost performance. The aim of the cool down is to:

- Gradually lower heart rate.
- Circulate blood and oxygen to muscles, restoring them to the condition they were in before exercise.
- Remove waste products such as lactic acid.
- Reduce the risk of muscle soreness.

The cool down should consist of a period of very easily activity at the end of the work-out, lasting 5-10 minutes, followed by light stretching.

Training/Pacing

Not allowing your body to recover properly from training will eventually result in injury. Your body needs time to rebuild itself stronger before the next training session. Not overdoing it in one session is important to prevent fatigue - we are more likely to injure ourselves when we are fatigued. This applies just as much to gardening and DIY as to sport!

Would you like to receive this on-line each month?

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