

SPORTS REHAB



TYPES OF SPORTS-RELATED INJURIES

ACUTE

Sudden injuries associated with a traumatic event such as a collision or a twist.

CHRONIC/OVERUSE

Slow-developing injuries caused by strain or overuse.

INJURY PREVENTION

- Cross-train. Vary your routine — avoid playing only one sport year-round.
- Work rest days into your training regimen.
- Do a proper warm-up and cool-down routine to prepare the body, and help it recover.
- Drink plenty of water to maintain health and optimize performance.
- Give yourself an off-season, including lower-intensity workouts and more rest days than usual.
- Seek medical care QUICKLY if you suspect an injury. Playing while injured can make it worse.
- Get an annual pre-season checkup to identify possible health concerns and injuries.

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