



Wellness Buddy Wednesday Tip

Common Workout Injuries and Their Prevention

Most sports injuries are preventable. The most important preventive measures are to follow proper form; stop working if you feel pain; and take precautions against dehydration, heat exhaustion, and heat stroke.

Injury	Prevention
Achilles tendon pain	Stretch the ankles and calves frequently and gently. When running, avoid or go easy on steep hills. Wear running shoes with a slightly elevated heel.
Ankle/knees: inflammation on outer side of joint	Exercise on flat surface, or change sides often on a sloping surface.
Blisters	Wear socks and shoes that do not rub and slip on the feet.
Cramps	Drink plenty of fluids, eat balanced diet, increase workload gradually, and stretch often.
Foot pain	Perform calf stretches. Run, dance, or play on firm, springy surfaces. Wear proper shoes.
Lower back pain	Increase the back's workload gradually. Stretch the lower back. Strengthen abdominal muscles.
Pain around or under knee	Build lower body gradually. Use proper equipment and form. If untrained, do not sprint. Slow your pace when cycling or running on hills. Stop at first sensation of pain.
Shin pain	Slow down, and work out on proper surfaces.
Shoulder: inflammation of soft tissues	Build upper body gradually. Don't overtrain.

Dehydration is the loss of water. Symptoms progress rapidly from thirst to weakness to exhaustion, confusion, and even death.

Heat exhaustion is the serious stage of overheating which can lead to heat stroke.

Heat stroke is a life-threatening condition that results from a build-up of body heat.

To avoid heat stroke:

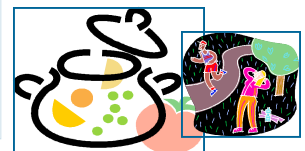
- ◆ Rest during times of high humidity, high temperature, or both.
- ◆ Limit exposure to any source of heat.
- ◆ Wear lightweight, loose-fitting clothing.
- ◆ Drink several extra glasses of water in the hours before you exercise heavily. Drink enough to cause you to urinate (this means your tissues are full to the maximum with water).
- ◆ Replace water lost during the activity with about a half cup of a dilute, cool beverage every 15 to 20 minutes. Cold, plain or lightly flavored water is recommended.
- ◆ Listen for your body's distress signals, and if you have to, stop exercising. Take a rest in the shade.

“ A feeble body weakens the mind. ” Jean-Jacques Rousseau (1712-1778)

French philosopher and writer

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