



YONATAN's SPORTS CORNER...

No. 1: Sports Injury Prevention Tips

Sports help keep our bodies fit and feel good about ourselves. However, there are some important injury prevention tips that can help promote a safe, optimal sports experience. All sports have a risk of injury. In general, the more contact in a sport, the greater the risk of injury.

In order to reduce injury:



- ❖ **Avoid** playing with a pre existing illness or injury. If in doubt, talk to a medical practitioner.



- ❖ **Remove** sharp/dangerous objects from the playing area.
- ❖ **The training room**, first aid area and change rooms should be: clean and tidy, adequate size for the amount of athletes using them, have adequate soap, paper towels, garbage bins, brooms and disinfectants, and first aid kit available at all times.



- ❖ **Wear the right gear**. Players should wear appropriate and properly fitted protective equipment such as pads (neck, shoulder, elbow, chest, knee, and shin), helmets, mouthpieces, face guards, ankle guards, protective cups, and/or eyewear.



- ❖ **Strengthen muscles**. Conditioning exercises before games and during practice helps prepare the mind and body for exercise. It also increases body and muscle temperature as well as increases the blood and oxygen supply to the working muscles.

- ❖ **Increase flexibility**. Stretching exercises before and after games or practice can increase flexibility.

- ❖ **Take breaks**. Rest periods during practice and games can reduce injuries and prevent heat illness.



- ❖ **Play safe**. Rules should be enforced.

- ❖ **Stop the activity** if there is pain.



- ❖ **Avoid heat injury** by drinking plenty of fluids before, during and after exercise or play; decrease or stop practices or competitions during high heat/humidity periods; wear light, sun protective clothing, a hat, sunglasses and sunscreen.
- ❖ **Maintain an adequate fitness level.** Undertake conditioning and training exercises specific to physical demands of your sport.



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