

Dynamic Health Services



*397 Little Neck Road, Bldg. 3300
Virginia Beach, VA 23452
Phone (757)639-3153 Fax (757)318-9151
www.dynamichealthservices.org*

SPORTS INJURY PREVENTION

Sports injury prevention is something we tend to think about *after* the event! But obviously, we are no longer talking prevention at that point because we are already injured and need to rehabilitate. While it is impossible to prevent every injury, research suggests that injury rates could be reduced by 25% if athletes took appropriate preventative action, including:

- 1. Being in proper physical condition to play a sport.**
- 2. Knowing and abiding by the rules of the sport.**
- 3. Using appropriate gear and equipment.**
- 4. Resting.**
- 5. Practicing good nutrition.**
- 6. Checking your attitude.**
- 7. Always warming up before your sport.**
- 8. Avoiding playing when very tired or in pain.**
- 9. Knowing the most common injuries for your sport.**
- 10. Considering cross training to improve general fitness or for an alternative when you feel an injury coming on.**