

Avoid Joint Damage



Spring fever and the chance to get outside often inspires all sorts of resolutions – often with “start an exercise program” or “try a new sport” at the top of the list.

Just be careful not to have “recover from a sports injury” replace your best intentions.

Prevention Is Best

It’s important to be aware of the increased impact levels that participating in a sport creates on the body. For example, if you enjoy baseball or golf but haven’t played for awhile, you may experience rotation injuries or irritation of the shoulder. A runner may suffer from shin splints or runner’s knee, especially when starting a new or more intense running program.

By paying attention to your body’s cues, you can prevent many sports injuries. Here are some tips:

Start by getting a physical before jumping into a new sport, especially if you have not been active for awhile.

Wear well-fitting shoes and proper protective gear for your sport.

Warm up carefully and stretch before and after your fitness workout.

Stay well hydrated by drinking lots of water.

Stop exercising or participating in a sport if you experience pain.

When to Seek Medical Care

Rest, ice, compression and elevation of the injured area, and/or anti-inflammatory medications, often bring relief to sports enthusiasts who have stretched their limits and are suffering from a mild injury.

For pain that doesn’t improve with protection and rest, it’s a good idea to be evaluated by an orthopedic specialist. Physical therapy may be necessary to aid healing and prevent more serious problems.