



A bit about **INJURIES**

THERE ARE TWO KINDS OF INJURIES:

TRAUMATIC

Injuries

Usually happen in sport or daily life, such as rolling your ankle on a trail run or crashing your bike on the morning commute.

CUMULATIVE

Injuries

Relate to tissue damage that occurs over time as a result of repetitive strain. These types of injuries escalate over time and may result in poor posture and defective movement patterns.

Injuries are not merely accidents. In fact, most injuries are predictable and preventable events - especially when they are caused by activities that play major part in a person's life.

Train Your Way to **INJURY PREVENTION**

Sprains, spasms, strains, and even broken bones are all consequences of living an active lifestyle. But even the most non-athletic person is susceptible to injury.

Fortunately, pain caused by injuries can be lessened or even totally prevented by maintaining a baseline of fitness.

Maintaining a baseline of fitness is important so that you can respond to the physical challenges of everyday life with the least amount of wear and tear on the body. This practice is called General Physical Preparedness (GPP). In this guide, we'll go over the GPP concept - the best known practice for injury prevention.

Here are four main GPP areas that anyone seeking to prevent injuries needs to focus on:

1. FLEXIBILITY

Many people perceive training for flexibility as a form of pain. It's mainly because most flexibility training is based on another person's already flexible body and not yours. The key to flexibility is to focus on the areas that you personally need to work on, and then to train with the most efficient tools. This requires a bit of self-reflection and critical thinking, since the first step to progress is figuring out your own flexibility needs. When you develop a personal discipline of flexibility exercises, you'll realize this training isn't torture after all.

Practical tip:

Spend at least one 20-minute session per week stretching. Make sure you prepare yourself for this session with a thorough warm up to ensure that all major joints, including your spine, have full range of motion.

BENEFITS OF REGULAR FLEXIBILITY EXERCISES:

- Decreases muscle soreness after a workout
- Decreases the risk of injury
- Improves performance
- Improves range of motion

2. STRENGTH

Strength training, also known as weight or resistance training, is designed to improve muscular fitness by exercising a specific muscle or muscle group against external resistance, including free-weights, weight machines, or your own body weight.

You don't need a gym membership or an expensive weight machine to add strength training to your routine. You don't have to be a body builder or an athlete to start this kind of lifestyle. Regular strength or resistance training helps prevent the natural loss of lean muscle mass that comes with aging. So in short, it benefits all ages.

Practical tip:

Plan two or three 30-minute strength training sessions with weights or resistance per week targeting the legs, hips, back, abdomen, chest, shoulders, and arms.

BENEFITS OF STRENGTH TRAINING:

- Makes you stronger and fitter
- Protects bone health and muscle mass
- Helps keep the weight off for good
- Develops better body coordination and posture
- Decrease the risk of chronic disease
- Boosts energy levels and improves mood

3. BALANCE

Balance isn't just for gymnasts! Walking, rising from a chair, going up and down the stairs, carrying grocery bags—our everyday activities require some level of balance. Balance increases overall movement function. And good balance helps prevent potentially disabling falls. There is a lot you can do to preserve and improve your balance, and it doesn't take special fitness classes or exercises. Incorporating balance and strength activities into your daily routine can greatly lower your risk of falling or getting otherwise injured.

Anything that challenges your center of gravity can be considered a balance exercise. For example, holding one leg up in the air while doing a bicep curl is a great way to engage your mind and your body to keep you stable. With discipline and consistent training, such exercises will eventually reward you with better overall balance.

Practical tip:

Incorporate single-leg workout routines like medicine ball tosses or squats at least once a week. You might even consider joining a weekly Yoga class!

BENEFITS OF REGULAR BALANCE TRAINING:

- Better mind-body connection
- Improved bodily awareness
- Engages and strengthens the core
- Develops good posture and stability

Agility is the ability to move quickly and change direction with ease. As people age, both physical and mental agility suffers as we become more complacent in our daily routines. Your agility level defines how effectively and efficiently you can move, change direction, and the position of your body while maintaining control. It doesn't just improve your athletic balance, it can improve your day-to-day movements. So whether you spend your days at home, are an outdoor junkie, or are someone who sits at your desk for 9 hours a day, agility training should be an important part of your routine.

Practical tip:

Run an agility ladder or join agility drills classes at least twice per month.

BENEFITS OF REGULAR AGILITY TRAINING:

- Develops cardiovascular endurance
- Improves joint flexibility
- Maintains proper posture and alignment during movement
- Improves recovery time after rigorous physical activity
- Engages more muscles and increases your metabolism
- Builds pathways in the brain for faster responses to stimuli

CONSULT YOUR DOCTOR

Following the tips under GPP a few times a week will help your body better handle the stress of day-to-day activities. Consistently doing these exercises will help you live an active lifestyle with a minimum chance of injury. But always remember to check with your doctor before starting any new exercise routine! Your doctor will be able to provide medical clearance for any exercise you may be considering, and he or she will monitor the response of any pre-existing injuries or health conditions.

If you are suffering from an injury or are looking to get back to an active lifestyle, contact Dr. Orlando at Central Coast Orthopedic Specialists. Dr. Orlando specializes in arthroscopic hip, knee, foot, ankle, hand, wrist, and shoulder surgeries, as well as joint reconstruction and sports medicine. Dr. Orlando is currently accepting new patients - call 805-781-6644 today to set up an initial consultation.