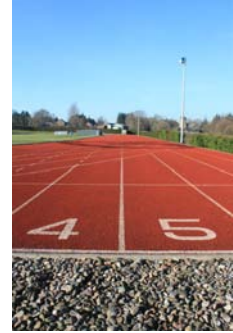


Preventing Overtraining and Injuries

Train Correctly: whether you are training for competition or overall wellness, a **varied, balanced and well-planned** training schedule, including adequate rest, is critical for staying injury free.

- Regulate the amount of training and periodize your schedule to peak during your event.
- Have rest days each week and plan your training schedule with regular, short breaks.
- Avoid heavy training intensity, such as boot camp and crossfit, right before competition.
- Cross train to help give your muscles a break from the same activity such as running. **Check out how Back 2 Normal is using the ElliptiGO to improve performance and prevent injury.**
- Incorporate proper stretching and core stability exercises
- Work with a credentialed coach, certified fitness trainer or physical therapist to help develop a proper schedule
- **Complete an Injury Risk Assessment at Back 2 Normal and see if how you are moving is setting you up for injury.**



Incorporate a Proper Warm Up: an **adequate warm up** sets you up for successful, injury free training.

- Research shows that using only static stretching (holding a stretch in one position for 15-30 seconds) before a sport activity actually relaxes muscles and reduces its ability to produce power.
- To perform your best in any sport, start with a 5-minute cardiovascular activity and then perform 5-10 minutes of dynamic movements that mimic the activities you are getting ready to perform and save static stretching for post exercise/sport.

Recover Properly: **Active rest and recovery is critical** to help you bounce back after training and return to your next training session stronger, faster and free of injury.

- Perform proper cool down after exercise or sport activity
 - Use cardiovascular activity (5-10 minutes) that gradually decreases in intensity, such as a light jog or stationary cycling.
 - Perform static stretching routine for 5-10 minutes.
 - Keep good body alignment to stretch correctly to prevent injury.
 - Stretch to the first point of resistance, hold 20-30 seconds; then relax and gently release the stretch. Return to start position, rest 5 seconds. Repeat a couple of times.
 - Hold the stretch. Ballistic (bouncing) stretching increases your risk of injury without added benefits.
- Use hydrotherapies to enhance recovery. Examples include:
 - Alternate warm & cool shower 3-4 times to help stimulate muscle recovery, or take a quick dip in a cold plunge pool to reduce joint aches and lower body temperature.
 - Take an Epsom salt bath with warm water for 20 minutes to help relax muscles, reduce soreness & stiffness the next day.
 - Use ice bag, ice massage or ice bath to injured area after cool down
- Use compression stockings 2-3 hours post sport of training session to boost recovery.
- Massage within 2 hours or by the next day after the training, practice or competition.
- If massage is not available try the following:
 - Check out www.back2normalpt.com to learn more at about the **MELT Method, a self treatment techniques** using soft foam roller and treatment balls to help with decrease pain, inflammation, accumulated stress and improve function and sports performance
 - “The Stick” to help work out trigger points
- Restorative Yoga Postures and Meditation Practices. Incorporate restorative yoga postures and/or meditation at the end of your training sessions or at bedtime to help rejuvenate your mind and body.



Proper Shoe and Sock Fit: Your **low back pain, achy knees** or other recurrent injuries might be related to your sneakers. A trip to the store may be all you need to be injury free.

- Choosing the correct shoe for your foot type and activity can prevent injury and enhance functional performance. See a professional to get fitted for the perfect shoes for you.
- Check shoes regularly and replace when worn. Running shoes may wear out the outsole and midsole at the same rate but it is not unusual to see the midsole wear out first. Start checking your running shoes for wear and tear after 2-3 months or 300 miles. Running shoes typically do not last more than 500 miles.
- Socks are an often-overlooked piece of equipment. They provide an athlete with function, comfort and the potential to prevent injury.
- Sock technology helps control moisture, dissipate heat, provide cushion, shock absorption and resists friction.

Eat Well: **Adequate nutrition** aids in muscle recovery, energy and overall recovery.



- Eat a balanced diet with adequate carbohydrate, iron & fluid intake is vital for athletic success.
- Eat and drink within 30 minutes of the end of your training session or competition.
 - Light to moderate meal portion size is enough to restore your immediate fuel losses.
 - 3 parts carbohydrate to 1 part protein will restore energy & help muscle recovery.
 - Hydrate with water and/or sports drink to restore fluid and electrolyte balance
- **Learn how working with an Integrative Health Coach at Back 2 Normal can impact your performance.** Work one-on-one to learn proper sports performance and recovery guidelines, as well as how to minimize inflammation which will allow you to train harder and more often. Essentials include pre-and-post workout meals/snacks, recipes, alkaline vs. acidity, superfoods and more!

Keep a Training Diary: A **training diary** can be a source of motivation, a way to identify impending injury or just a great way to keep track of your progress.

- Monitor your daily training, competition, sleep (how much and the quality), morning heart rate (before you get up), your mood & your motivation.
- It can help you detect critical changes that could be early warning signs of overtraining or potential risk to injury.
- A trained sports physical therapist can instruct you how to use these diaries.

Practice Mind Power: Fretting over injury or performance worries can **cause tension and distraction.**

- Learn to manage performance worries.
- Focusing on past events or future possibilities or irrelevancies is a waste of energy and contributes to fatigue.
- Learn and use skills such as imagery, relaxation & self-talk to reduce stress and improve performance.

Sleep Well: Getting enough rest ensures that you have **enough energy** to train and recover properly.

- Get plenty of sleep—a good 7 to 9 hours is recommended for athletes.
- Good sleep helps with physical, mental and emotional rejuvenation.



Early Warning Signs - When to see a Physical Therapist: Even with all of the precautions, injuries still happen. Learn when to see a physical therapist so you can get **Back 2 Normal** sooner rather than later. Some early signs of injury:

- Recurrent stiffness/tightness that does not resolve with stretching
- Swelling, warmth or pain over joints or muscles that does not resolve within 72 hours
- Loss of range of motion, function or sports performance.