

# • PREVENTION OF FUTURE SPORTS INJURIES

Presented by Revamp Training Studio

## 5 KEY COMPONENTS TO HELP PREVENT FUTURE SPORTS INJURIES

### WARM UP

A warm-up is necessary to prepare the body for exercise by increasing heart rate and blood flow to working muscles. The warm-up should start slow and easy with a jog. The goal of a warm up is to break a sweat. After five to 10 minutes, the warm-up should focus on muscles and movements more specific to the sport of the game that is about to be played. Creating a smooth transition from the warm-up to the game is a great way to prevent injuries.

### BODY MECHANICS

Body mechanics refers to the way we move during daily activities. Proper body mechanics can help you avoid injury and muscle fatigue. For example, the proper body mechanics of jumping (knees out, core tight, abductors are loaded) should be drilled to create more power and to avoid unnecessary knee, hip, and ankle injuries in basketball.

### AGE APPROPRIATE STRENGTH & CONDITIONING

Children and adolescents can participate in supervised strength training programs provided the focus is on developing proper exercise technique. Examples of appropriate activities include body weight calisthenics (i.e. push-ups, pull-ups), plyometrics (jump training), and strength exercises with dumbbells, light barbells, medicine balls and elastic bands. Muscle symmetry (i.e. right and left arm are similar in strength) and core strength are crucial to prevent injury at any age.

### RECOVERY

Recovery is one of the most important aspects of training - but often overlooked. Proper nutrition, hydration, adequate sleep habits, proper rest, ice, compression & elevation (with first signs of injury), and foam rolling can greatly reduce the occurrence of injury.

## NUTRITION FOR PERFORMANCE

Nutrition is often the biggest barrier for young athletes to overcome. Poor nutrition habits including an overload of sugar and sweets, combined with meals that lack essential vitamins, minerals, and protein, can hold an athlete back from reaching his or her potential. Likewise, improper hydration can lead to dehydration and underperformance. Rest, recovery, and refueling should hold as much importance in your training program as the physical aspects.

**REVAMPTRAINING.COM (805) 458-4814**