



## Preventing Summer Injuries

By Mauricio Bara – Physiotherapist, Exercise Physiologist and Pilates teacher

Summer is well and truly upon us and with it beautiful long days begging to be filled with all sorts of activities; I know that for me looking out of my window in the physio room I cannot help but think of opportunities to get out and run, hike or swim!!

With the increased opportunity to exercise comes the risk of increased injury. Common injuries that present around this time of the year are shoulders and knees. A large proportion of these injuries can be avoided, as they are slow to develop and related to an overuse or the injury is associated with a rapid increase in the intensity and frequency of activity – abnormal loads through normal tissue. Pacing yourself and incorporating rest days throughout your training can help in preventing irreversible damage to soft tissues.

A recent online publication by SmartPlay Australia (a national injury prevention program run in conjunction with Sports Medicine Australia) reported that 545,000 is the number of Australians reported to have a long-term health condition caused by a sport or exercise-related injury, costing the economy up to \$2 billion each year for sports injuries in Australia! It is important to exercise; at Body Organics we support a gradual progression of the intensity of exercise. A 30 to 60min per day for adults at a moderate intensity is sufficient to maintain a healthy lifestyle. Vigorous intensity exercise is recommended if your goals are weight loss or you are training for competitive pursuits.

**So what can you do at home in order to prevent an injury during this busy period?**

Appropriate warm up and stretching play a strong role in preventing injuries to soft tissue. Below I have included a link to a poster, which can be printed out and placed at home so that all family members can obtain the benefits of injury prevention through stretching.

<http://qld.smartplay.com.au/Content/PageBuilder/GetFile.asp?url=/ImageLibraryAssets/resources/national/2011-warm-up-poster.pdf>

Additionally consulting with a health professional about appropriate progression in the intensity and frequency of exercise can save you a lot of pain and money in the long run.

At Body Organics we have experience Physiotherapists and Exercise Physiologists that can help guide your progression.