

STAY IN THE GAME!



DON'T GET SIDELINED WITH A SPORTS INJURY



DID YOU KNOW?

- The most common injury in the Marine Corps is the knee
- There are 10-12 million sports injuries in the U.S. every year
- During recruit training, about 25% of men and 50% of women experience at least one PT injury
- Injuries from running, cycling, swimming, stair climbing, and walking are typically from overuse
- 50% of injuries are recurrences of previous problems



PROTECTING YOUR BACK

DO NOT COLLAPSE YOUR CHEST



WHAT NOT TO DO



MCRD San Diego Health Promotions

THE GAME PLAN

Maintain a healthy weight

Extra pounds put additional strain on your joints, increasing your risk for injury.

Use the right equipment

Make sure you have the correct equipment for the activity you are doing. For example, choose footwear that is appropriate for your sport. If you are running, wear properly fitted shoes. If you are hiking, wear stable and protective shoes instead of flip flops.

Learn & practice good form

Make sure you know what you are doing and have the best technique possible for the activity you are doing. If you've never done a squat clean, ask a trainer or someone with more experience to help with your form. Never sacrifice good form to lift more weight or move more quickly through a workout.

Stay flexible

Tight muscles can also lead to injury, so stretching is important. Include flexibility exercises in your workouts or take a yoga or stretching class. Stretching post workout (instead of before) is the best way to avoid pulling a muscle that has not been properly warmed up.

Build your strength

Weak muscles are a leading cause of many injuries. Building up your supporting muscles will help you avoid injury.

Be smart. Know your limits.

Getting a good workout often involves pushing yourself hard – go for it, but be reasonable. If something hurts, stop! Take a few days off to rest and recover. If you continue to train with an injury it can make it worse and take longer to recover.

Cross train

Change up your routine and cross train for overall conditioning. Strive for a total body workout of cardiovascular, strength-training, and flexibility exercises. This will help you become a well-rounded athlete and prepare you for anything!

Warm up & cool down

Warm up your muscles before you workout. Consider starting with a light run or row, followed by specific exercises to target the muscle groups you will be using during your workout. Light stretching before a workout is fine, but save most of your stretching for *after* you workout.

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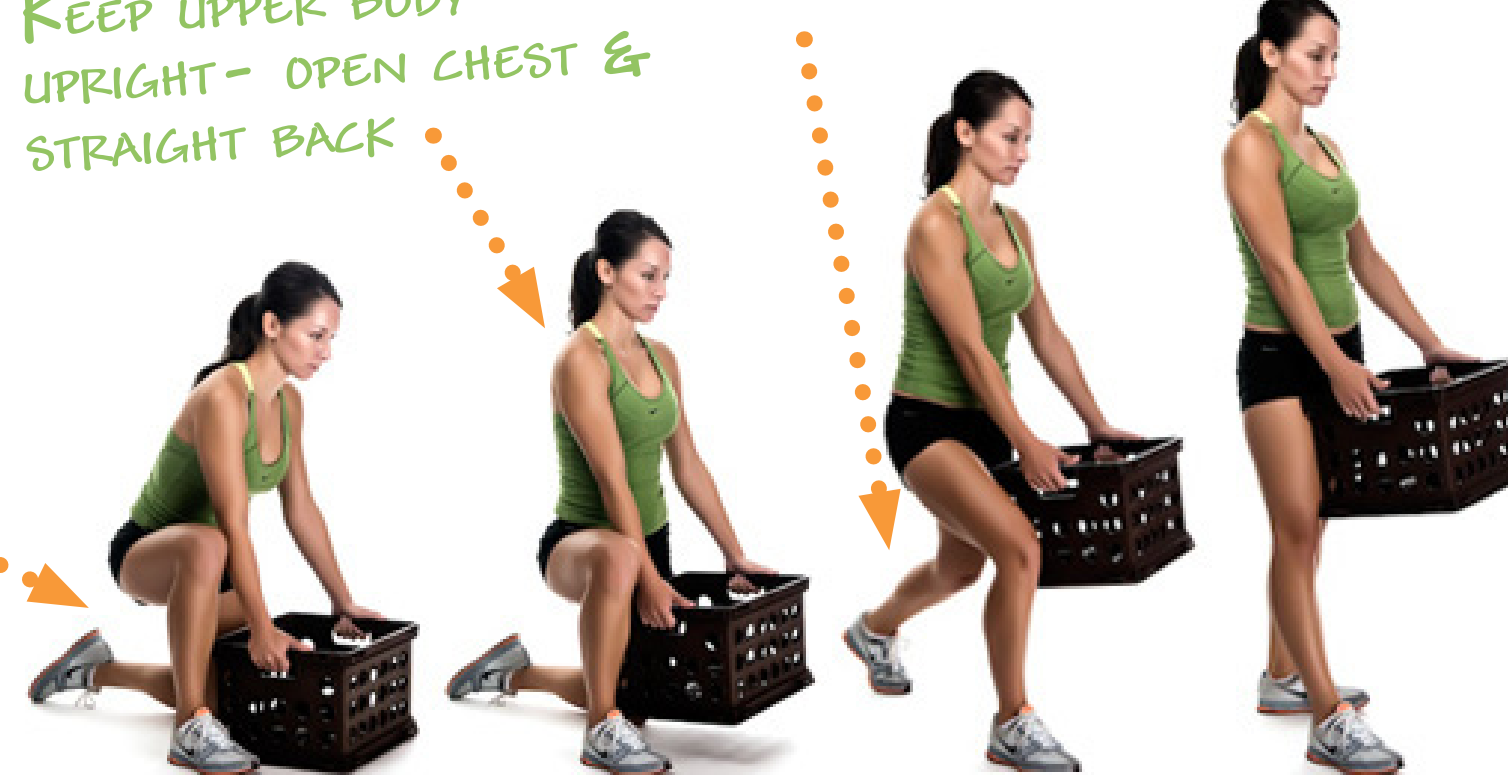
HOW TO LIFT PROPERLY

DO NOT ROUND YOUR BACK

BEND KNEES & PUSH HIPS BACK WITH BOTH FEET PLANTED ON GROUND OR PUT ONE KNEE DOWN

KEEP UPPER BODY UPRIGHT - OPEN CHEST & STRAIGHT BACK

LIFT WITH LEGS



REMEMBER: NO MATTER HOW LIGHT THE LOAD, ALWAYS LIFT PROPERLY & PROTECT YOUR BACK. HOW YOU PRACTICE LIFTING LIGHT OBJECTS IS HOW YOU WILL ULTIMATELY LIFT SOMETHING HEAVY.

WEIGHTLIFTING SHOES



Weightlift with free weights regularly? Deadlift? Squat? Snatch? Clean & jerk? Consider investing in a pair of lifting shoes for better performance and safety.

What's wrong with my running shoes? The cushioned sole of running shoes makes them inefficient for lifting because they absorb and dissipate a large amount of the force generated against the floor, which should be used to move the weight. Because they compress, they behave inconsistently during each rep, which can increase the chance for a balance or stability loss-induced injury, since perfect balance cannot be assured on an imperfect surface.

Lifting shoes are specifically designed to provide a stable platform and allow you to move weight more efficiently. You will notice the difference! **Questions? Call Andrea at 619-524-8913.**

Attach grass border HERE