

Mercy Sports Medicine Injury Prevention



**Information provided by:
Ryan Gutzky, AT, ATC, Mercy**

Injury prevention in the athletic world can be just as significant as management of an injury once an individual has been injured. Once an athlete has sustained an injury, the athlete will continue to feel pain and irritation with their abilities until the injury has healed. An athlete that takes the time to properly warm up and take preventative approaches to athletics has a greater chance of not sustaining the same injury. Properly taking the time to stretch, helping improve range of motion, can help prevent injuries as well. With this an athlete could withstand more of a stress to the body and not receive any injuries

Proper injury prevention can be a variety of things. Activities such as proper warm up, stretching, weight lifting, and plyometrics can help prepare an individual for higher levels of activities. These activities are great for both individuals that exercise at a recreational level and those that exercise on a more competitive level. Each of these exercises serves different purposes. Properly warming up helps warm up the muscles and prepares them for more rigorous exercises.

Stretching helps lengthen the muscle and improves range of motion. For example, stretching the hamstrings by keeping both legs straight and touching ones toes can help improve range of motion and allow for more movement with less risk of injury. Weight lifting will help strengthen muscles which could help an individual handle more stress applied to them. Plyometrics are usually for those with a more competitive choice in exercising. These activities allow the individual to quickly recall more muscle recruitment in a faster period of time. For example, the amount of time it would take for an individual to land and then to take off running can be improved with plyometric exercises.

In all, preventative medicine is a rather simple topic that can be overlooked at times. Taking the time to properly prepare the body can be beneficial. It prepares the body for more activities and allows the individual to be ready for more stress.

**For more information visit
Mercyweb.org/sportsmedicine**



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