Take Control of your Injury Before it Controls You!

Please, be:

- Proactive,
- Listen to your body,
- Experiment with different remedies,
- Ask questions,
- Stretch lightly, and
- Exercise smart!

And remember, YOU need to be the ultimate manager of your injury and its solution!

Injury Checklist:

- Be proactive, don’t ignore the signs of oncoming problem
- Listen to your body... (that doesn’t mean hit the couch) just back off
- RICE (Rest, Ice, Compression, Elevation)
- Heat (for non-inflammatory problems)
- Ask Coaches and/or others for advice
- Change your running shoes
- Change your cycling shoes and/or cleats
- Check your bike fit with a qualified professional
- Ask yourself if you’ve changed something recently that could aggravate a problem area
- What shoes do you wear during the day (this one is often overlooked).
- Stretch but go easy!
- Massage (oh yeah)
- Google it! (i.e. use a search engine to learn as much as you can about your injury)
- Recovery drinks to replace electrolytes (during and immediately after exercise)
- Walk versus run
- Really focus on what you’re doing – watch your technique and form!
- Cut out explosive/power drills and movements on the track
- Substitute your bike or run with a swim workout for that day
- Pool running (Aqua belt)
- Ibuprofen or other appropriate O.T.C
- Substitute your bike with an indoor spin bike
- Check your ergonomics at work (desk posture, shoes, etc.)
- Strength training both preventative and during injury
- Focus on drills versus mileage
- Self-massage with Styrofoam rollers other aids
- Stretch/strengthen core muscles with medicine balls
- Use your medicine ball as an office chair (good for your back & posture)
- Use a heart rate monitor to help discipline your speed or intensity
- Hydration/Nutrition OK?
- Topical creams (Zostrix™ works well for tight muscles)
- Creative drills for injured area (single leg spinning, one arm swim drills, etc.)
- Check your swim technique (shoulder pain)
- Substitute your run on hilly road run with a trail run
- Substitute your run on pavement with a run on grass, on the track or other soft surface
- Substitute your hilly bike to flats only
- Enough rest and recovery?
- Herbal remedies (i.e. Glucosamine/Chondroitin)
- Acupuncture
- Sports Specific Doctor (try SM I @ http://www.smiweb.org/)
- Physical therapy
- Chiropractic
- See your healthcare Doctor (X-rays or MRI)