

Take Control of your Injury Before it Controls You!

P L E A S E, 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 an 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)