

## **More K-12 Sports Injury Prevention Tips and Resources:**

Injury Prevention Points to remember:

- Cold, stiff muscles are more prone to injury. Remember to warm up before strenuous physical activity, and cool down and stretch afterward.
- Listen to your body. No one wants to admit that they are less flexible and have less stamina than they once did, but if an activity is causing pain or discomfort, stop. Don't try to push through pain – you will cause further injury.
- Use the RICE (Rest, Ice, Compression, Elevation) method to relieve pain, reduce swelling and speed healing.
- Wear the correct shoes for the activity and use the proper safety gear and equipment.
- Drink lots of water and get enough sleep.
- Pre-season conditioning is great for student athletes and coaches alike. Cross-training activities can help maintain conditioning throughout the season, reduce the risk of overuse injuries, and increase endurance.
- Balance training is underutilized in sports for one simple reason – everyone assumes they have good balance. Balance takes a great deal of core strength and tends to fade with age. Incorporate balance training into your routine.
- Be very careful not to twist, turn, jump, land, generate or absorb forces in an unbalanced situation. Lead your students by example to demonstrate the proper way to move.

On-line Resources:

- <http://www.nlm.nih.gov/medlineplus/sportsinjuries.html>
- [http://www.niams.nih.gov/Health\\_Info/Sports\\_Injuries/default.asp](http://www.niams.nih.gov/Health_Info/Sports_Injuries/default.asp)
- <http://www.iprc.unc.edu/>
- <http://www.kin.ucalgary.ca/USRP-BJH/docs/Winter2005/Injury%20Prevention%20in%20High%20School%20Basketball%20by%20Mark%20Chernoff.pps>
- [http://www.vewdo.com/balance\\_training\\_sports\\_injury\\_prevention.html](http://www.vewdo.com/balance_training_sports_injury_prevention.html)

Have Fun out there and hopefully your team will shine under the Friday Night Lights!