

PACING YOURSELF

HOW TO STAY MOTIVATED AND INJURY FREE

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As Physio's we often see seasonal injuries, one of which are the New Year's Resolution Injuries. Many of us set health and fitness goals for the new year, whether that is to lose weight, run further or get stronger. However, often our motivation and zest can be a little too hearty and we fall victim to an overuse injury. Below are some simple tips to stay injury free and achieve your goals.

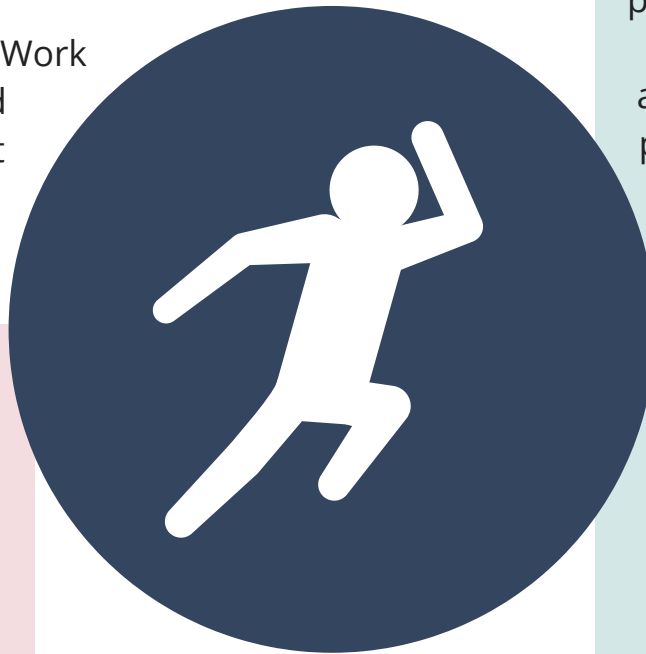
SET A GOAL + MAKE A PLAN

Decide on a realistic, achievable & timely goal. Work out a plan about how and where you are going to fit it into your weekly schedule.

DON'T DO TOO MUCH TOO SOON

Don't go from zero to hero overnight. Start with 2 - 3 x per week and after a couple of weeks then increase to 4 to 5 thereafter. Don't be afraid to ask for help to devise a safe training program

WARM UP + COOL DOWN



Gone are the days of a passive stretch to warm up. Research shows that an active warm up where you perform the movement of the activity, is highly effective in reducing injury.

An active cool down is also paramount in returning the heart rate down and flushing the system of excessive lactic acid.

SLEEP + RECOVERY IS KING

Your body needs time to adapt and recover. It is recommended that you get between 7-9 hours sleep per night.

SELF RELEASE WORK

- Use a foam roller or spikes ball for trigger point release
- Reduce pain associated with DOMS
- Reduces muscle tender spots

