

Tips for Injury Prevention



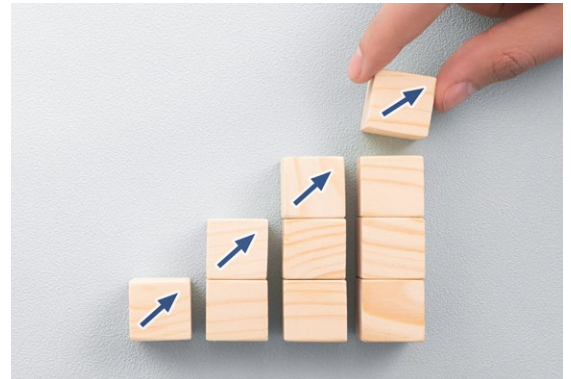
Did you know that injuries associated with sports and physical training are vastly prominent within the Canadian Armed Forces (CAF) population¹? Take a look at the following tips to reduce your risk of developing an injury when participating in the above-mentioned activities.

PROGRESS SLOWLY

Our risk of injury increases as we increase our “training load”. Training load is determined by the frequency, length, and intensity of a training session². Be careful not to increase training load too drastically between individual sessions.

- Only increase one factor (frequency, duration, intensity) at a time³.
- Stick to an increase of 5-10% per week for each factor³.

Not a Runner? Start with fact walking and transfer to alternating between running and walking as you get more comfortable. beginners should start with 20 min of running/walking no more than 3X/week.



ALWAYS WARM UP

Warm ups should consist of exercises that are specific to the activity that you are going to complete. Choose warm-up exercises that involve movements similar to the activity you are doing, slowly increasing the intensity⁵.

- Consult the University of Calgary’s new SHRED Injuries program (link below) for activity specific warm-up exercises you can complete to minimize injury risk.
<https://www.ucalgary.ca/shred-injuries>



CROSSTRAIN

- Diversify workout regimens to include a variety of types of exercises which focus on different parts of your body and are a mixture of low and high impact³.
- This gives our bodies time to recuperate which minimizes susceptibility to injury due to overexertion⁶.
- Tip: Space out high impact activities to every second day, separated by low impact activities on the days in-between.



What are High vs. Low impact exercises?

High impact exercises are those that require both feet to leave the ground at the same time⁷. These exercises involve a greater risk of injury to your lower half, especially without precautions. Ex: jumping jacks, jogging, jump rope.

Low impact exercises are less straining on our bodies, particularly our joints. These exercises are associated with decreased risk of injury⁷. Ex: walking, swimming, cycling.

RESOURCES

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MINIMIZE SMOKING RATE

Smoking causes our blood vessels to constrict leading to decreased blood flow to our body's tissues. This decreases the amount of oxygen and nutrients that reaches our tissues, which is required for tissue repair and recovery.

If we are regularly exercising and smoking, our tissues may not have the ability to properly recover from damage before becoming damaged once again. This leads to risk of serious injury⁸.



GET ENOUGH SLEEP

Sleep is a crucial component of our bodies recovery process, not only for physiologically restorative effects, but also psychologically. Just as mentioned above, without allowing our tissues time to properly recover, we risk greater/prolonged injury as well as re-injury⁹.

Individuals who receive less than 7 hours of sleep per night for a prolonged period of time are 1.7X more likely to experience an exercise related injury.