

Exercise & Injury Prevention

Meghan Buttle, MSc.PT, FCAMPT, Diploma SPC

meghan.buttle@utoronto.ca

Mireille Landry, MSc, BScPT, Diploma SPC

mireille.landry@utoronto.ca

Disclaimer

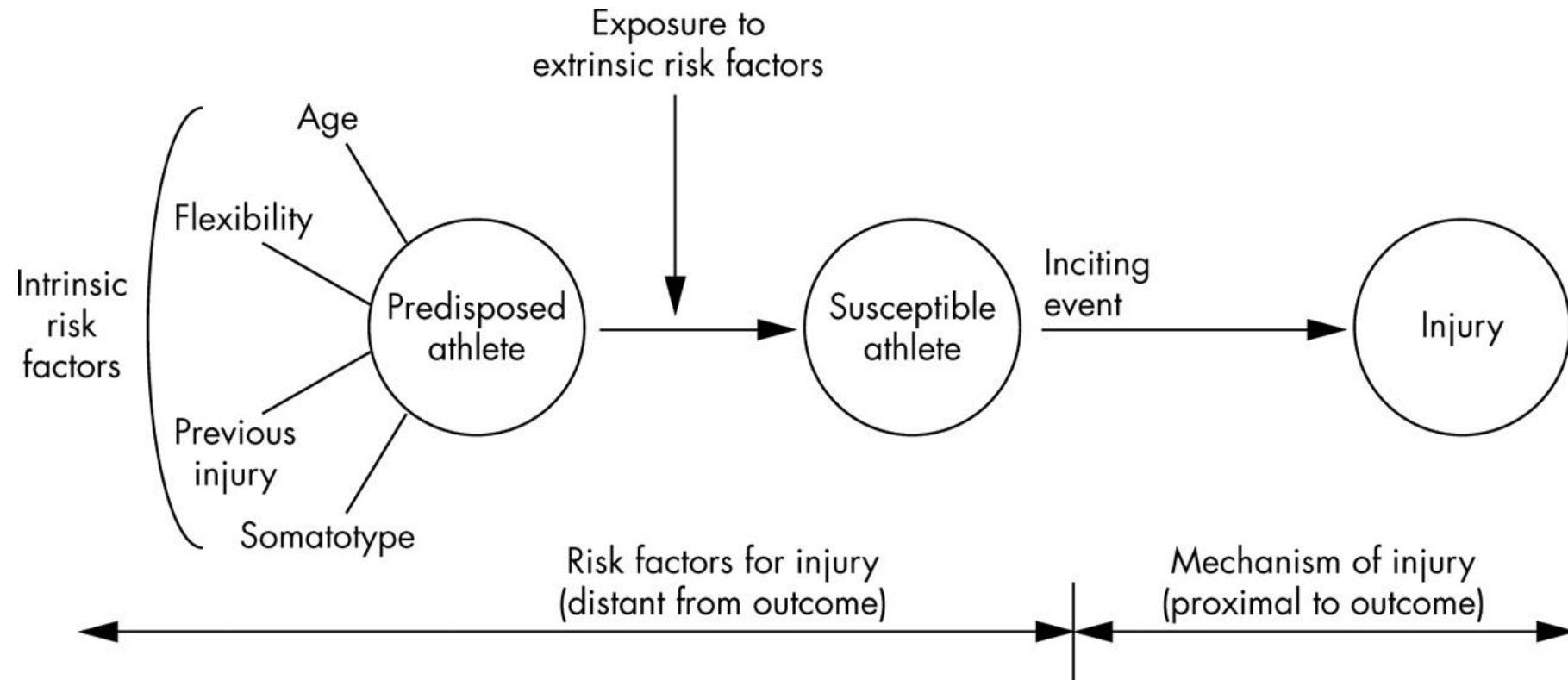
The presentation provides general information and advice for transplant patients. For specific medical guidance relating to health issues, please talk to your doctor or members of your transplant team.

Presentation Objectives



- Understand factors affecting your risk of injury in sport and exercise.
- Understand injury prevention principles with training.
- Understand initial injury management.

Injury Prevention in Sport and Exercise



Warm up

- Muscles and tendons perform more efficiently and are a lot more forgiving when they are warm. (10-30 minutes)
- Include an activity that gets your heart rate up and warms the muscles, joints and surrounding tissues.
 - Walking, skipping is a great way to warmup
 - Dynamic mobility should then be performed - include movements that use the range of motion needed
 - Examples: high knees, buttock kicks, front kicks, side lunges and hip swings.

Stretching principles

- Timing is critical!
 - Stretching *before exercise* – does NOT reduce overall injury rates
 - Acute bout of stretching will cause an immediate reduction in strength, power and endurance – reduced performance
 - Stretching *outside periods of exercise* (regularly) – can reduce injuries by up to 32%
- Types of stretching
 - Static – stretch position assumed slowly and gently and held for 30-60 secs
 - Safest way to improve flexibility
 - Ballistic – muscle stretched to near its limit, then further with bouncing mvmt
 - Proprioceptive neuromuscular facilitation (PNF) – alternating contraction and relaxation of muscles

Recovery strategies



- Cross training
- Cool down
- Rest/sleep
- Hydration & Nutrition

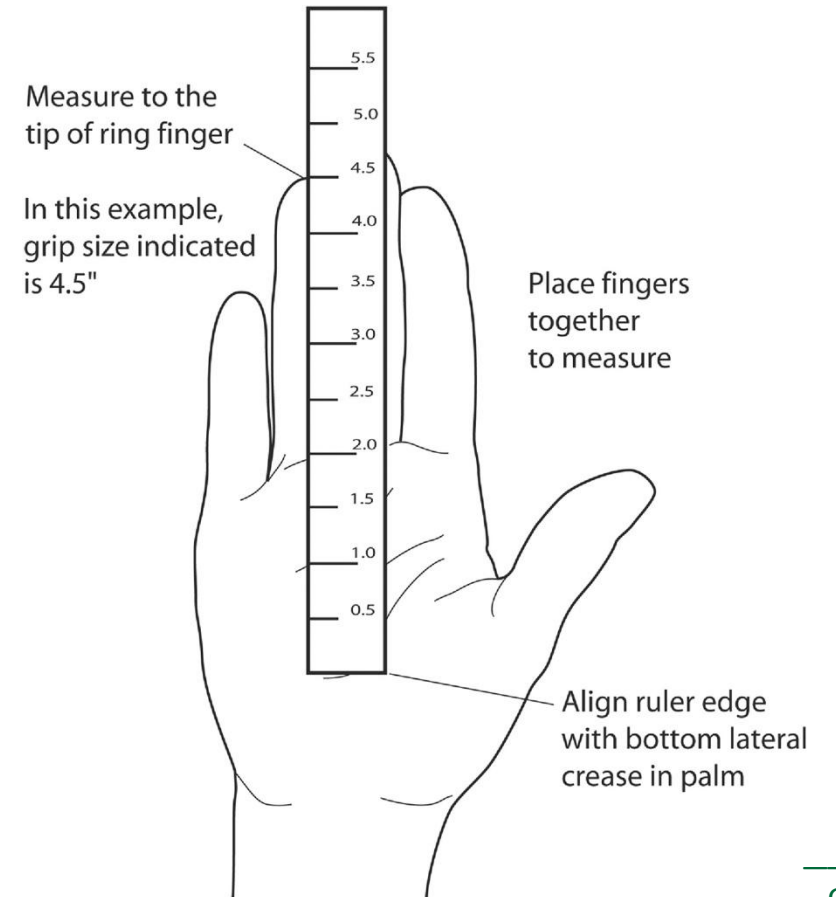
Equipment fit



- Shoes – See handout for shoe fit, lacing techniques
- Bike fit – See handout for bike fitting guidelines

Equipment fit - Racquets

- Things to consider
 - String tension
 - Flexibility of racquet
 - Size of racquet head
 - Weight of racquet
 - Grip size
 - Hand location on grip of racquet



Initial injury management

- RICE for managing acute injuries
 - Relative rest/ROM
 - Ice
 - Compression
 - Elevation
- Seek guidance!
 - www.sportphysio.ca
 - www.physiotherapy.ca
 - www.manippt.org

End Slide

Funded by:



Thank you to our sponsors:

