

Getting out the cob webs

As the weather gets warmer, people start tackling their “spring cleaning” and participating in outdoor activities. While these activities may provide a great deal of personal benefit, both physical and mental, it is



important to remember they also are a potential for injury. Rather than risk injury, Dr. Steven Chudik, board certified orthopaedic surgeon and sports medicine physician, along with his OTRF health performance team recommend keeping these tips in mind and incorporating a simple warm-up and stretching program into your daily routine.

Stay Hydrated

The human body needs water to function properly and, as people perform more strenuous activities the risk of dehydration becomes greater, especially as the temperature increases. As muscles get tired, they are at a higher risk of becoming injured, “pulled” or strained.

Warm Up

The human body is similar to an automobile in that it runs better after a brief, five to 10 minute warm-up and injuries are more likely to occur when people jump right in and perform strenuous activities without a proper warm-up. Therefore, performing warm-up exercises

available in OTRF’s program before beginning strenuous activities can help prevent injuries. Even better, make the exercises and stretches on the following pages as part of your regular exercise routine to avoid injury as unexpected tasks or opportunities may come up any time.

To download this free program and other free sports injury programs from Dr. Chudik and OTRF, visit the OTRF website, otrfund.org and click on the sports performance tab. Or, you can email contactus@chudikmd.com for a printed version. Make sure to include your mailing address.

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Warm-up, stretching and good body mechanics helps prevent injuries

As the weather gets warmer, people start tackling their “spring cleaning” and participating in outdoor activities. While these activities may provide a great deal of personal benefit, both physical and mental, it is important to remember they also are a potential for injury. Rather than risk injury, keep these tips in mind as prevention is the best medicine.

Stay Hydrated

Many forget, or don’t realize, that staying hydrated is very important to prevent injury. The human body needs water to function properly and, as people perform more strenuous activities like clearing out the garages/houses, lawn care/gardening, and other home projects, the risk of dehydration becomes greater, especially as the temperature increases. Signs and symptoms of dehydration include, but are not limited to, headache, dizziness, loss of coordination, muscle fatigue and a decrease in physical and mental performance. As muscles get tired, they are at a higher risk of becoming injured, “pulled” or strained.

Guidelines for hydration, according to the American College of Sports Medicine, generally are:

- 16 to 32 fluid ounces before exercising and strenuous activities
- Three to 8 fluid ounces every 15 to 20 minutes during exercising (water if exercising for less than 60 minutes and sports drink if exercising longer than 60 minutes)
- 20 to 28 ounces of water or sports drink after exercising for every pound lost of water in the form of perspiration (sweat)

Staying hydrated is crucial to feeling good and working or exercising injury-free. Alternatively, it is important not to drink too much water—no more than one quart per hour of fluid—as this can result in over-hydration (hyponatremia) and be very dangerous.

Warm Up

The human body is similar to an automobile in that it runs better after a brief five to 10 minute warm-up and injuries are more likely to occur when people jump right in and perform strenuous activities without a proper warm-up. Therefore, performing the warm-up exercises in this program before beginning strenuous activities can help prevent injuries such as:

- Rotator cuff tendinitis and tears
- Sprains and strains
- Achilles tendinitis and tears
- Hamstring strains

Even better, make the exercises and stretches on the following pages as part of your regular exercise routine to avoid injury as unexpected tasks or opportunities may come up any time.

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