



Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

Thank You for Reading!



Sign up to receive the next issue of **Active Bones** by emailing us at **contactus@chudikmd.com** or on **otrffund.org**

Need orthopaedic care or advice?
Contact Dr. Chudik's team today at **stevenchudikmd.com** or via email.



Transitioning From Fall to Winter Sports Safely

1. **Cross-Train:** Incorporate exercises that engage different muscle groups and movement patterns to ease the transition between fall and winter sports.
2. **Increase Gradually:** Slowly build up training intensity and duration to help the body adapt and prevent overuse injuries.
3. **Stay Flexible and Strong:** Maintain flexibility through dynamic stretching routines and build overall strength, especially core and lower body, to support new biomechanical demands.
4. **Rest Well:** Ensure adequate recovery time after the fall sports season to reduce fatigue and avoid burnout before starting winter activities.

UPCOMING: VIRTUAL SPORTS MEDICINE CONFERENCE

Email us to join weekly on Friday's
Earn 1 CEU/CME

Stay connected with us on social

