

How to prevent and sport injuries

So, sport injuries can occur at any time and unfortunately are very prevalent in athlete's lives. Now how many of you have ever been injured while playing a sport, how many of you have ever missed a step on the stairs? how many of you have experienced neck strain while spending a lot of time in front of the computer? For you that don't play sport, injuries can still occur, and these injuries can be prevented in similar ways. I'm here will tell you important tips to prevent injury during exercise. Remember, an ounce of prevention is worth a pound of cure.

Use these general rules for injury prevention no matter what sport you play.

1. Be in Proper Physical Condition to Play a Sport

It's a good idea to consult with doctor first to make sure your physical condition is fit enough before you start exercising. This advice is especially important for people who have never been used to strenuous physical activity. Consult with doctor can help detect any health problems or conditions that could put you at risk for injury while exercising. Not only with doctors. You can also consult a certified personal trainer to optimize your workout, understand your physical limitations, and create a workout plan tailored to your needs. One more thing, never do sports when you are sick. Exercising when sick makes the body weaker and slows down the healing process. Rest first until the body heals, then return to exercise.

2. Always Warm-Up Before Playing

Warming up before exercising keeps your blood flowing and relaxes your muscles. When finished, don't forget to cool down to normalize your muscles and body.

3. Use the right sports equipment

Each type of sport has different equipment. Make sure your sports shoes are suitable for the type of exercise you are doing. For example, although they both play soccer, soccer shoes and futsal shoes have different functions and characteristics. Make sure your sports equipment is still in good condition, and you understand how to properly use it.

4. Correct exercise (technique, weight, time, schedule) is measurable, planned and programmed

When exercising, how intense it is and how long it lasts is important to prevent injury. so it's important to do sports that are programmed according to the fit of our bodies were.

5. Get enough rest

The body repairs itself when it rests. That includes getting at least eight hours of sleep at night, though young athletes may require more. It also means taking breaks when your body feels tired. Overtraining can lead to injury. If every session involves hard workouts, your body doesn't have time to heal from the last one. You can start to lose form, which can result in an injury.

After speaking to all of you, I would to end with some final thoughts, sport injuries can come at any time, after today I hope you've all learned how to prevent sport injuries, and even if you don't play sports, the information that I provided to you all today can help you deal with any unforeseen injury that you may experience, see injuries can occur at any time, and they don't have to be sports related. I'm Firdha Elma Izah, Thank you