

Baby Boomer Injury Prevention Tips

Baylor SportsCare

We'll give you a healthy advantage.

Baylor SportsCare provides the winning combination of education, prevention, medical coverage and sports medicine for athletes of all ages.

- Access Baylor Health Care System specialized sports medicine physicians* and services throughout the Metroplex
- Medical coverage at games and events utilizing physicians, nurses and licensed athletic trainers
- Educational programs on injury prevention & performance enhancement
- Comprehensive medical support for groups, teams and individuals

For more information about SportsCare, or for help in finding a physician who is right for you, contact your local SportsCare representative at

(972) 512-7404

or call **1-800-4BAYLOR** and ask for "Baylor SportsCare"

*Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor University Medical Center or Baylor Health Care System. CE 12.07

While there may be no single fountain of youth, you can slow down the aging process by staying physically active. Regular exercise enhances muscle and joint function, keeps bones strong, and decreases your risk of heart attack and stroke. The following tips have been developed by the American Orthopedic Society for Sports Medicine and the American Academy of Orthopedic Surgeons.

- **Always take time to warm up and stretch before physical activity.** Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, stationary cycling, or by running or walking in place for three to five minutes. Then slowly and gently stretch, holding each stretch for 30 seconds.
- **Do not succumb to the "weekend warrior" syndrome.** Compressing your physical activity into two days sets you up for trouble and does not increase your fitness level. Try to get at least 30 minutes of moderate physical activity every day. If you are truly pressed for time, you can break it up into ten-minute segments. Remember that moderate physical activity includes things like walking the dog, working in the gardening, playing with the kids, and taking the stairs instead of the elevator.
- **Take lessons and invest in good equipment.** Whether you are a beginner or have been playing a sport for a long time, lessons are a worthwhile investment. Proper form and instruction reduce the chance of developing an "overuse" injury like tendonitis or stress fractures. Lessons at varying levels of play for many sports are offered by local park districts and athletic clubs. Select the proper shoes for your sport and use them only for that sport. When the treads start to look worn or the shoes are no longer as supportive as they were, it is time to replace them.
- **Listen to your body.** As you age, you may find that you are not as flexible as you were or that you cannot tolerate the same types of activities that you did years ago. While no one is happy about getting older, you will be able to prevent injury by modifying your activity to accommodate your body's needs.
- **Use the 10 percent rule.** When changing your activity level, increase it in increments of no more than 10 percent per week. If you normally walk two miles a day and want to increase your fitness level, do not try to suddenly walk four miles. Slowly build up to more miles each week until you reach your higher goal. Use the 10 percent rule as your guide for strength training as well and increase your weights gradually.
- **Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility.** In addition to providing a total body workout, a balanced program will keep you from getting bored and lessen your chance of injury.
- **Add activity and new exercises cautiously.** No matter if you have been sedentary or are very fit, do not try to take on too many activities at one time. It is best to add no more than one or two new activities per workout.
- If you have or have had sports or orthopedic injuries or problems like tendonitis, arthritis, stress fractures, or lower back pain in the past, consult an orthopedic surgeon who can help you design a fitness routine to promote wellness and minimize the chance of injury.



BaylorHealth.com/SportsCare