



Injury Free



Regular physical activity can lead to a longer and healthier life. However, it is important to also be aware of some possible risks for injury.

Previous injury

A prior injury can double the risk of having that same injury again. Have a doctor or physical therapist take a look at the injury before starting a physical activity program.

Previous activity

If you have not been active before, start gradually. The risk for injury is greater if you haven't been regularly active. It is a good idea to talk to your primary care physician prior to starting any vigorous exercise program.

Ways to prevent injury

Warm up and cool down

Start with a warm-up period. Do your activity for a few minutes at a very easy pace. Then stop and stretch your muscles for about 5-10 minutes. Once you are warmed up you're ready to go! After you finish, cool down for about 5-10 minutes. Again, gradually slow down the level of activity and then stretch your muscles.

Proper equipment

Be sure to wear proper shoes for walking or jogging. Shoes lose their cushion after awhile, depending on how much you wear them. Also wear clothing to protect against heat, cold, or sunlight.

Shoes should not be old and worn out. A good shoe will have adequate toe room, a snug heel, a well-cushioned heel, and firm arch support.

The risk of serious injury in most physical activity is quite low. The benefits of regular physical activity outweigh the risks. Knowing the risks of physical activity and simple ways to help prevent injury can protect your health and allow you to enjoy the benefits of leading a more physically active lifestyle.

If You Get Injured — Apply the R.I.C.E. Method

R *Rest* the part that is injured.

I *Ice* can help reduce swelling and pain. Don't apply ice directly to the skin, however. Make an ice pack and cover it with a cloth or towel. Remove the ice after about twenty minutes.

C *Compression* also helps reduce swelling. Wrap the injured part with an elastic bandage. Don't wrap it too tightly.

E *Elevate* the injured part above the level of your heart, whenever you can.

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