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**Description (From Milestone 1):**

The idea of my website would be an intro guide for athletes who suffer from injuries or junior athletes trying to improve their ability up to senior or professional athletes. The website will contain information about how I recover from serious injuries and be able to walk or run like before. Specific training and amount of time consumption, also includes some photos and videos for helping the understanding of the process.

**Home Page**

**Short Description**

The outline of this website is how to recover from serious injuries focused on legs. The website contains specific aspects of recovery exercises related to your injuries. For example, 'there will be specific methods and procedures you could follow for your recovery on ankle injury or damages.' This website may not fulfill your willings for your recoveries however, it will at least provide the idea that you could follow or lead up to your optimum method for your own recovery. This is not a curing website, it is a guideline for your recovery. Please note that.

**Actual Page Text**

**LEG INJURY GUIDELINES**

Dear viewers, welcome to RecoveryMAX. If you are suffering from sports injuries or accident injuries, this is the page where you could get primary help. We could provide a specific method for you to follow or get the idea of your own recovery methods to maintain your body function to remain as optimal. As we all know, one small injury could lead to permanent injuries and we could all suffer for our entire life.

These are the types of injuries this page will contain:

- Muscle Injuries
- Bone Injuries
- Neurological Injuries

With these different sections, each section will split into different groups for what type of injury and the parts of the leg that is injured.

This page could help you recover in a short period of time or return to your normal status to make sure we could obtain our movements back before the injury. I hope this page could create a guideline you wanted for your own injuries. Thank you.

## **Page 2**

**Title:** Muscle Injuries

### **Short Description**

This page will contain every injury that occurs with muscle related accidents or injuries. It will contain information related to recovery, increase in movements, and further treatment along with trainings

### **Actual Page Text**

Muscle Injuries are one of the most common injuries we can experience during practice or daily life. The important thing about muscle injuries is that we need to stabilize our injured part so it can heal and at the same time, we should perform movements in order for the muscle to not get weaker. Here are some steps that could help reduce the pain and videos for muscle recovery exercises and stretching.

### **Immediate Care**

Immediate care is one of the most important things you should do when occurring with injuries. Letting the injuries heal might be a good method, however the further procedure may not be helpful if you just leave it as it is. The following three steps are helpful for the further treatments.

- **R.I.C.E. method** → Rest, Ice (15–20 mins every 2–3 hrs), Compression, and Elevation
- Avoid heat, massage, or stretching too early (**can worsen bleeding**)
- Over-the-counter pain relief (**if needed, follow doctor's advice**)

### **Pain & Swelling Management**

If you feel pain or swelling occur around or at the injured part, it is important to not occur any impact to the injured area. For example, do not walk on two legs if you sprain your ankle. If you were training alone, call for assistance or call an ambulance for better treatment. It is better for the injured person to take immediate hold on every action and reduce the amount of pressure and do not put any strength to the injured area.

- Monitor swelling daily
- Stop activities if pain worsens
- Gentle compression bandages can help reduce swelling

## **Gradual Stretching**

After the immediate treatment is completed, it is time to stretch. When muscles are damaged, it is important for us to give enough rest and start stretching the muscles to prevent losing minimum momentum. Stretching helps our muscle to regain the movement strength and prevents muscle cramp or spasm.

- Start gentle stretching **only after pain decreases**
- Hold stretches for 15–30 seconds, **Avoid Bouncing Movements**

## **Strengthening Exercises**

Strengthening exercises are important for our base physical improvement but in case of injury, this step could improve your physical ability by increasing the level of coordination and efficiency of the movement.

- Begin with **isometric exercises** (contracting muscle without moving joint)
- Progress to resistance bands or light weights when pain-free
- Work on surrounding muscles too, to support healing

## **Mobility & Balance**

After strengthening exercises now we have to focus on mobility and balance. Too much strength but less mobility and balance will be critical for your physical ability to grow or have a critical impact on your physical performance. We could use these two exercises to cover the mobility & balance that we might have lost due to injury and recovery.

- Include light range-of-motion exercises
- Practice balance drills once you can bear weight comfortably

## **Preventing Re-Injury**

After your physical ability has returned to normal or before the injury, now we have to prevent the same injury again, so we are going to warm up and keep reminding ourselves of what actions could cause injuries. The worst part of injury is to get the same injury in the same spot due to our mistake on work-outs.

- Warm up before activity
- Focus on proper technique when returning to sports
- Gradually increase intensity — don't rush full return

## **Page 3**

### **Title: Bone Injuries**

#### **Short Description**

This page will contain knowledge and some experts evaluation due to bone injuries. This page will be similar to the previous page however, the contents will be focused on bone injuries and recovery.

#### **Actual Page Text**

This page is about bone injuries. Bone injuries occur due to direct impact on the bones or trauma. Which is very normal and common in training sessions. It is critical for us to get injured before the competition, which is why we need to follow these procedures in order for us to not get injured and how to recover faster.

#### **Immediate Care & Stabilization**

This step could depend on the length of injury or the seriousness of the injury. It is very important for us to realize which area or how much it has been damaged due to our injuries. Which is why we should immediately care for the injured area to prevent loss of neurons and prevent longer rest required.

- **Immobilize the injured area** (splint, sling, or keep still)
- Avoid moving the limb unless necessary
- Apply ice to reduce swelling (20 min on/off)
- Seek medical attention quickly — **X-ray is usually needed**

#### **Medical Treatment**

Using medical treatment could improve the healing stage however we need to check if any of those medical treatments does not contain any substance which are not allowed in your community such as steroids or other substances. If the injured area is painful, check the dosage of the medication, and if it is needed, take more treatment. This will increase the speed of healing and reduce the stress coming from pain. We need to focus on surgery very carefully, because normally surgeries are only required for unrecoverable injuries, due to the fact that it will be very critical for our body to fully recover or maybe the surgery could not bring back the physical ability and your life of being an athlete could end.

- **Casting or Splinting:** keeps bone aligned while healing
- **Surgery (if needed):** for severe or displaced fractures (metal plates, screws, or rods)
- **Pain Management:** prescribed medication or over-the-counter pain relievers

## **Rest & Protection**

The importance of bone injury is that we need to rest and protect the injured area because bones can self-heal when its movement is the least. The best way for us to keep the injury stage to end quickly is by not using the bone and any other action that requires bone to handle the weight of your body or something else.

- Avoid putting weight on the injured bone until cleared by a doctor
- Use crutches, walker, or wheelchair if needed
- Follow doctor's timeline — rushing can lead to improper healing

## **Nutrition for Bone Healing**

Another quicker healing is by consuming nutritions which bones are needed to grow or get stronger. Medications are mainly for pain however, nutritions are for bone itself to be stronger and healthier. Bone get stronger and stronger if itself is kept under damage, the nutritions will allow the bone to be stronger which will prevent future injuries.

- High in **calcium** (milk, leafy greens, almonds)
- **Vitamin D** for better calcium absorption (sunlight, fortified foods)
- **Protein** for tissue repair

## **Rehabilitation & Physical Therapy**

Once the bone has entered a stable stage, we will now engage with weights slowly. It is important for us to get used to handling weights to recover the mobility and strength to the injuries area. In this stage of treatment, we could obtain strength and flexibility.

- Start gentle range-of-motion exercises once bone is stable
- Gradually rebuild strength and flexibility
- Work on balance to prevent future falls/injuries

## **Monitoring Recovery**

After healing, we could check on bones if they have recovered well or not, we should check on these between each progress so we can identify which part has been healed or healed in the wrong way so we could proceed another treatment for getting worse.

- Regular check-ups with X-rays to ensure bone is healing properly
- Watch for complications (pain, swelling, numbness)
- Report any severe pain or deformity to doctor immediately

## **Prevention After Recovery**

After full recovery has been completed, we have to be cautious during our practice and under performance to prevent the same event or any other injuries.

- Strengthen muscles around the bone for support
- Maintain bone health (diet, weight-bearing exercise)
- Wear proper footwear and protective gear for sports