



# HOW TO PREVENT SPORT INJURIES



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# **ABOUT THE AUTHOR**

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Adriana received her Physical Therapy degree from Universidad Nacional de Colombia and holds a three year Master degree in Acupuncture and Traditional Chinese Medicine from Five Branches University in California.

She has over 20 years of professional experience treating Orthopedic and Sport injuries in Colombia and in the United States. Her successful approach to rehabilitation and wellness integrating Eastern and Western modalities to treat the body, mind and soul has earned the trust and loyalty of thousands of people whose life has been positively impacted in more than one way.

Adriana herself, has experienced pain and functional limitations because of it which have taken her through an ongoing path of curious enquiry and self-healing. Her own injuries have offered her insights to the nuances her very same patients deal with and how to address them from direct experience.

She has worked with athletes, weekend warriors, competitive dancers, swimmers, football players, military and police population, professionals from every field, technicians, mothers and housewives; people from all ethnicities, age and gender groups.



# INTRODUCTION

People who are physically active like you and me, do so because we value our body and we want to take good care of it.

We eat healthy, we get plenty of sleep, we are mindfull of our thoughts to promote positive emotions and we exercise to keep healthy.

What happens when exercise itself causes injuries and prevents us from being healthy?



Learning how to use exercise as a tool to help our health and learning what to do and what not to do, are key to make exercise our ally and a source of joy and wellness.



# WHAT CAUSES SPORT INJURIES?

Sport injuries occur mainly due to trauma or overuse.

The occurrence of injuries due to trauma can be reduced by using the gear specific to the activity we are performing and by following the sport rules.

Most sport injuries are due to overuse and are highly preventable with the use of common sense and the help of a trained professional.



# TIPS TO PREVENT OVERUSE SPORT INJURIES

Your body must meet **strength, flexibility, balance, agility and coordination** requirements appropriate to the intensity and physical activity you plan to perform. If you wish to start a new sport you must progressively train for it in order to prepare your body to eventually practice it safely. Playing a sport without previous training is a sure path to injury.

Your training must cover **all** the above mentioned requirements.

**Cross training** is a good way to address these different areas and offer rest to our body tissues by alternating activities. It's also an effective way to minimize the risk of injuries.



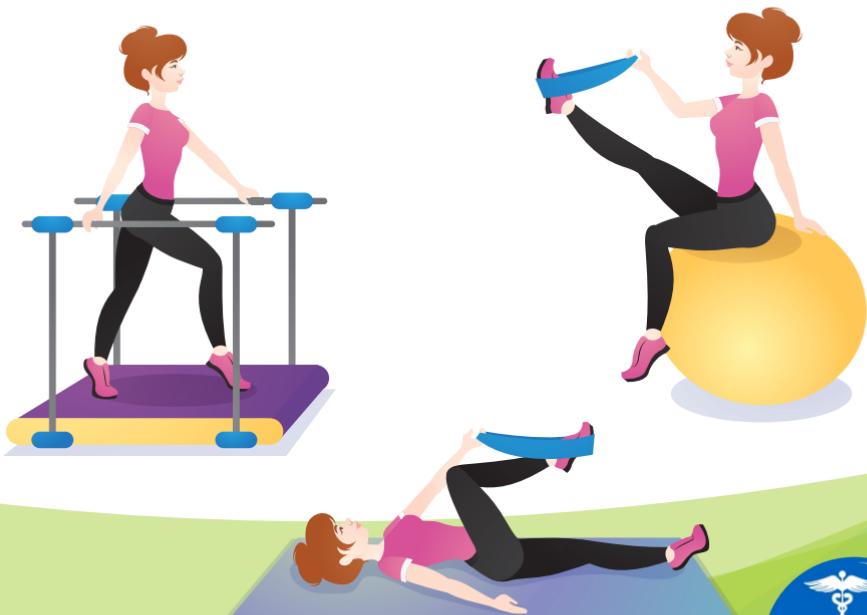
## **IF YOU HAVE SUFFERED A PREVIOUS INJURY, YOU MUST FULLY REHABILITATE IT BEFORE RETURNING TO COMPETITIVE PLAYING**

If you have an injury from which you have not fully recovered and rehabilitated, you are at risk of reinjuring.

A system with a “weak” link will become your “Achilles tendon” and the gate to an injury.

If this is your case, your best choice is to follow physical therapy treatment and address the root cause of your injury.

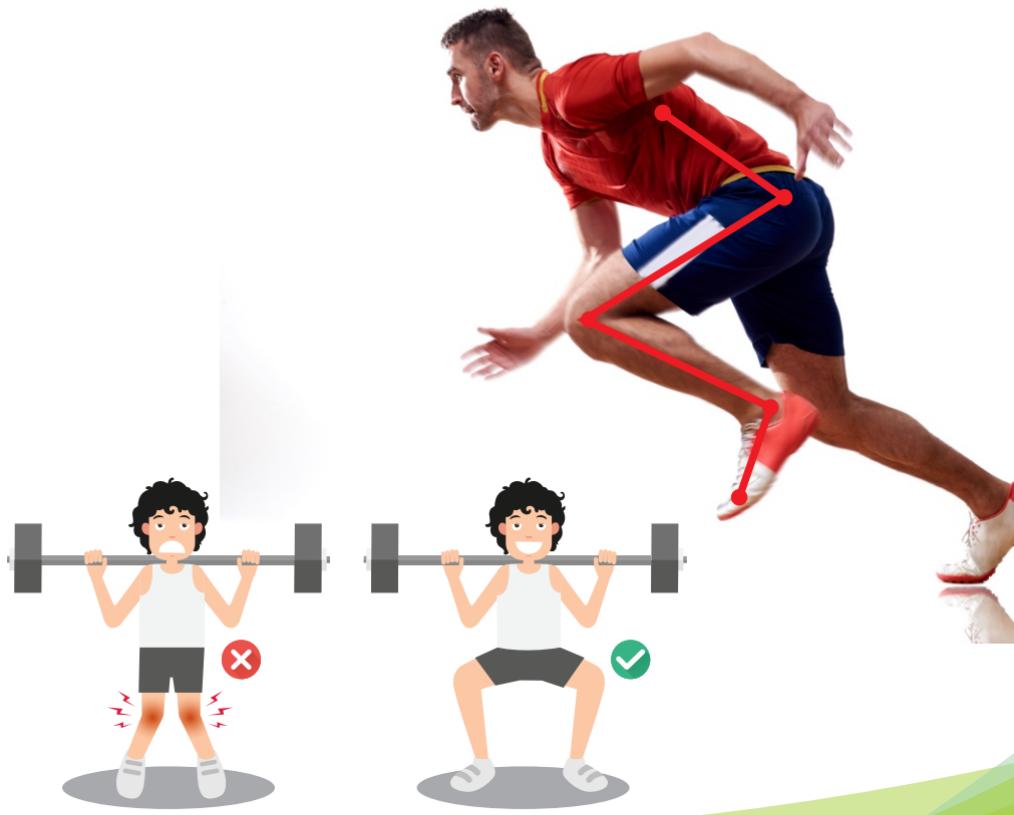
Additionally, with the help of your physical therapist to design a training plan tailored to prepare you for the demands of the specific sport you want to practice.



# SET REALISTIC GOALS

Set realistic goals and a training plan (specific to your activity) to progressively meet them.

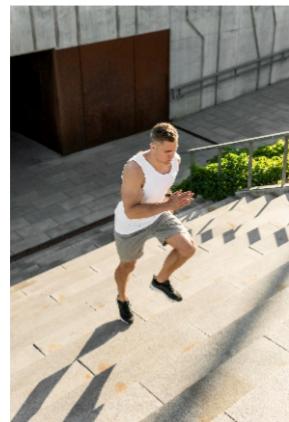
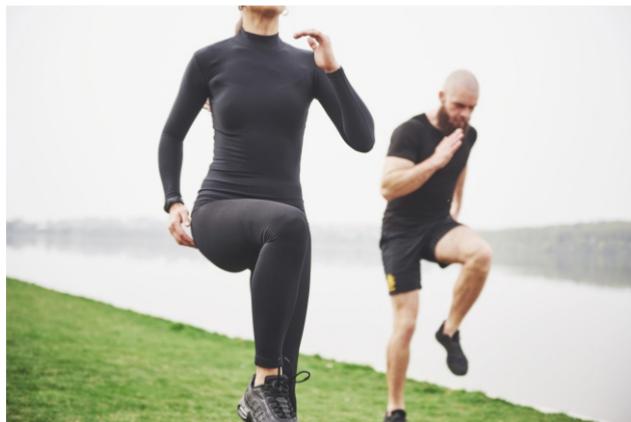
Work with a physical therapist to ensure proper form during your training.



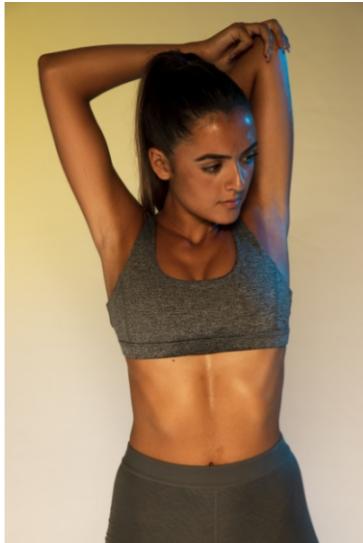
## INAPPROPRIATE EXERCISE OR EXERCISE PERFORMED WITH POOR TECHNIQUE ARE SURE WAYS TO GET INJURED



# WARM UP PRIOR TO ALL PHYSICAL ACTIVITY



# STRETCH ONLY AFTER YOUR PHYSICAL ACTIVITY



# **LISTEN TO YOUR BODY**

Don't push your body beyond its limit.

Modify the activity if you feel pain.

If pain persists despite of modifying the activity take some rest from painful activities for a few days.

If symptoms worsen or don't subside seek professional help.



Exercise which is performed properly strengthens the body, makes it agile and flexible, clears the mind, brings inner balance and calms the spirit.

*Marcos Chicot*



## **HEALTH ADVICE DISCLAIMER**

I make every effort to ensure that I accurately represent the injury advice and prognosis displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in the Physiotherapy clinics.

The information given is not intended as representations of every individual's potential injury.

As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, type of exercises performed, posture, motivation to follow physio's advice and various other physical factors.



It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination by a licensed Physical Therapist.

I am able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.

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