

Sports Injuries Prevention and Back Pain

Learning proper stretch exercises:

In sports people learn techniques, and will train to enjoy the sports. The problem is most trainers fail to train the peers correctly. Injuries occur when inappropriate training and techniques are used. In addition, many people engage in sports failing to wear proper clothing, helmets, etc, and sometimes people will participate in sports when weather or visibility is poor.

When weather is cold, it is important that you wear warm attire. Wearing proper attire can help you avoid respiratory conditions, which affect the liver, lungs, etc, and can lead to back pain. In addition, those joining in exercises or sports should wear proper shoes to avoid slips and falls. Helmets are essential to prevent brain injuries. Brain injuries will affect the spinal columns, which leads to back pain.

When weather conditions interrupt visibility, it poses risks. In fact, various people have sustained back injuries while jogging at night, since these people failed to wear proper attire, such as reflective tabs, etc. Motorized accidents can occur when the driver cannot see the runner, jogger, etc. This means the vehicle hits you and if you are not lucky enough to die, you should pray that you are lucky enough to miss back pain. Back pain is one of the worst types of pain you will ever endure. Since many people are misinformed as to how to stretch the muscles before exercising, we can consider a few helpful steps.

As mentioned earlier it is important to perform proper exercises before joining in sports. Proper exercises start with warm ups. Warm ups include neck, shoulder, arm, and leg stretches.

How to perform neck stretch exercises:

To start neck stretch exercises you want to stand erect. Lift the head so that it extends upward. Now, move your head so that it bends slightly forward. Continue to change directions, bending until your chin rests slightly on your torso. Balance the head, turning it to the left or right and hold your position. After a few seconds turn your head so that it rolls to the other side of your body. Hold the jaw down, hold, and continue stretching the neck up to five counts.

How to perform shoulder stretches:

Again, stand erect. Lift your arms so that it extends above the head. Clasp the hands, joining them and pulling the hands downward and behind your head. Hold

and repeat the steps five counts. Next, with your arms behind your back, reach down and hold your hands at a pointing position. That is, bring your fingers together at the points while one arm is over the shoulder and the other arm is behind the back. Pull in opposing directions once in position. If the arms are bent, extend the right arm, bending it back and over the right shoulder and the head. With your free hand, grab your elbow and hold. Pull the elbow gently toward the free shoulder, and repeat the steps on the left side.

You can practice the windmill, shoulder shrug, triceps stretches, arm circles and more to warm up before breaking into a full-speed workout.

How to perform the windmill:

The windmill is one of the oldest stretches in the history of workouts, yet the stretch is often missing in action, since many people do the windmill incorrectly. To start, stand erect. Your arms should be down at your side. Once in position, swing upward, the right arm and bring it to the front, up, and around behind your back so that it forms a circle. Repeat your steps up to five counts and continue to the other side.