

How to avoid summer sports injuries

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Summertime can be anything but restful as the busy

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Spin surgeons offer four fresh tips

families of North Texas run from one activity to another. There's soccer, baseball, gymnastics, basketball and cheerleading for the kids and jogging, yoga, spin classes, golf and tennis for the parents. Plus, it's all taking place under a blazing hot sun!

Here are some cooling facts and figures from the Center for Disease Control and Prevention (CDC) about injuries from recreational sports and activities, which

can even include gardening! ■ More than 10,000 people receive treatment in the nation's emergency departments each day for injuries sustained from recreational activities.

■ At least one of every five emergency room visits for an injury results from participation in sports or recreation.

If all that mayhem is not enough, here is the truly startling part of this data:

Injuries are also a leading

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FILE PHOTO

Injuries

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reason people stop participating in potentially beneficial physical activity.

Fortunately, there are ways to stay off the summertime "disabled list."

1. Gradually acclimate the body to both the heat and the activity

Basic athletic training principles, including a gradual increase in the level of activity that should be employed. If someone is not accustomed to running but wants to start a running routine, he or she should first undertake a walking/jogging approach. This involves alternating three minutes of walking and one minute of jogging for a total of 30

or activities. For example, if the activity is yard work, you don't want to be lifting 50-pound bags of potting soil unless you're used to lifting this weight.

2. Always warm up by stretching before any physical activity

Most people, especially children, fail to properly warm up before getting on with their sport or other activity. This is a mistake, and one that will often cause back strain, pulled leg muscles and other injuries. I recommend at least 10 minutes of stretching muscles before any physical activity.

3. Avoid sudden twists and repetitive muscle stress

Soccer, golf, tennis, bas-

sudden twists and turns can cause back sprain. Likewise, sports such as golf and tennis can lead to injuries from repetitive stress on the same muscles. Getting professional advice from a golf or tennis pro can help players improve their mechanics and help them avoid awkward swings. Plus, it is important NOT to overdo it. Trying to play too many rounds or sets in a given day can lead to weeks in the clubhouse from muscle strains!

4. Build core strength before playing the games

Strength of abdominal muscles is critical to pain-free athletic or other recreational activities. The best way to build this strength is through regular exercises

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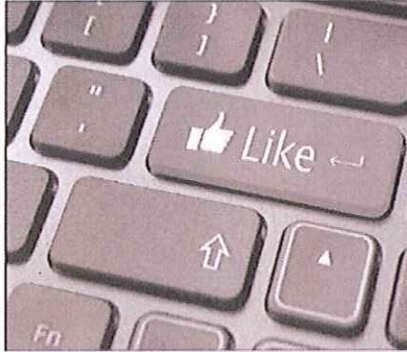
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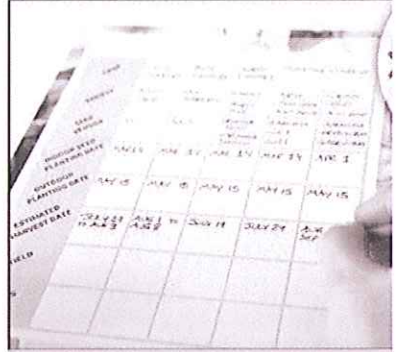
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Good morning,

We're happy to share we located Dr. Bosita and Dr. Arakal's article, How to Avoid Summer Sports Injuries. It was published on 7/20/18 across the publisher's multiple outlet platform, Star Local Media (not just Plano Star Courier).

Link: http://starlocalmedia.com/littleelmjournal/eedition/page-a/page_5914705f-b9ea-5458-a47c-9d6f67f90813.html

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Thank you,
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