

PREVENTING SPORTS INJURIES

Good habits before the game
can keep you **healthy all
season long.**

1

WARM UP

Spend 5–10 minutes warming up before every workout, practice or game. Dynamic movements prepare your muscles and joints for activities.

2

HYDRATE

Drink water before, during and after activity. Increase fluids during hot, humid weather. Muscle cramps can be an early sign of dehydration or heat illness.

3

RECOVER

Your body gets stronger while it recovers, not while it's exercising.

- Prioritize sleep
- Schedule rest days
- Don't train through exhaustion

4

LISTEN TO YOUR BODY

Pain that changes the way you run, throw, jump or move isn't "normal soreness." Stopping early may prevent a minor injury from becoming a major one.

Young Athletes

50%+

of youth sports injuries may be preventable with proper education and proactive injury-prevention strategies.*

Source: CDC AOSSM STOP Sports Injuries

Active Adults

Overuse injuries develop gradually.

They can occur when muscles, tendons and joints are repeatedly stressed without enough time to recover. Build activity gradually, train consistently and prioritize recovery.*

Source: American Academy of Orthopaedic Surgeons (AAOS)

5

GEAR CHECK

- Wear sport-specific equipment
- Replace worn-out shoes
- Make sure helmets, pads, braces and mouthguards fit correctly
- Proper gear protects you. Use it the right way.

6

AVOID OVERUSE

Playing the same sport year-round without enough rest increases the risk of overuse injuries.

- Mix up activities
- Take time off
- Gradually increase training intensity

