

Tips that Count

Wellness information for your journey to a healthier you!

Spring Back After an Injury

Overuse injuries—strains and sprains especially—are the most common type of injury. They often occur when a person does an unaccustomed amount of exercise.

Here's how to make a comeback:

- Start back slowly, with short, easy workouts. Don't increase the length of your workouts by more than 5 or 10 percent from one week to the next.
- Never increase both the length and the intensity of your workout at the same time.
- Stop if you feel any tingling, aching or soreness in a joint, muscle or tendon—either during the workout or the next day. Also, swelling is *not* normal. Neither is pain that is not relieved by a short period of rest. Contact your doctor or physical therapist to re-evaluate the problem.
- Remember: It can take months to heal from an injury...slow and steady is the best course of action.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.