

Top tips to prevent sports injuries

Sports injuries can often be prevented. Elastoplast Sport offers this checklist as a guide to help prevent sports injuries.

Checklist	Things to Consider
Have you stretched and warmed up your muscles and ligaments?	<ul style="list-style-type: none"> • Cold muscles, tendons and ligaments are more vulnerable to injury • Stretching improves flexibility, which allows you to move your joints through their full range of motion
Are you adequately hydrated?	<ul style="list-style-type: none"> • Playing in hot weather will result in extra fluid loss (dehydration) • Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke • Children are at a greater risk of heat stress
Have you strapped or taped areas of potential stress or injury?	<ul style="list-style-type: none"> • Strapping can be used to support a weak or injured joint and to protect healthy limbs. Strapping also reduces the recurrence of injury by as much as two-thirds¹
Are you using the right equipment for the sport you are playing?	<ul style="list-style-type: none"> • Types of equipment include: eyewear, mouthguards, wrist, elbow, knee and shin guards, helmets, tapes and braces • Choose footwear carefully, preferably with professional advice • Using the proper equipment helps reduce the risk of incurring injuries by the sports participant
Have you protected your mouth?	<ul style="list-style-type: none"> • Mouthguards help prevent tooth damage or loss, reduce cuts to the lip, mouth and tongue and decrease susceptibility to jaw fractures and risk of concussion
Are you using a safe playing environment and following rules and regulations?	<ul style="list-style-type: none"> • A safe environment will reduce the number of potential injuries • Avoid playing on poor, wet or slippery surfaces and watch-out for lack of goalpost padding or safety netting. • Allow an inspection of the playing area before commencing activity to ensure there are no dangers eg pot holes, obstacles or sharp objects • Rules and regulations of the game need to be clearly outlined and enforced and sometimes modified for children • The likelihood of incurring an injury is dramatically enhanced if suitable rules and regulations are not adopted
Do you have the proper technique and have you adequately trained?	<ul style="list-style-type: none"> • Correct techniques and appropriate training helps improve fitness. You can minimise injury by keeping an eye on increases in activity and not doing 'too much, too soon'

¹ Garrick, JG, "Requa RK: Role of external support in the treatment of ankle sprains", Med. Sci. Sports (3): 200-203, 1993.