



Pain Management Comprehensive Consultations  
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### From the desk of our own physician athlete, Shelley McDonald, MD:

**Sports injuries generally occur for two different reasons: trauma or overuse.** Traumatic injuries are usually obvious, like when an athlete falls on his or her knee and the force is too much for the muscles, joints or bones to absorb.



Overuse injuries are actually more common and occur when the body is pushed past its current physical limits of conditioning, causing a gradual breakdown of body structures.

These injuries can often be prevented and are generally caused by any one or combination of the following:

- not enough strength or flexibility for the activity
- inappropriate activity or intensity
- improper or faulty equipment
- poor biomechanics or technique

### **There are several steps that athletes can take to reduce the risk or injury:**

- 1) Incorporate strength and flexibility training as part of the overall fitness plan.
- 2) Take adequate time off to rest. Athletes need at least one day off per week to allow the body to recover.

**Locations:**

**San Jose  
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- 3) Make training changes gradually to reduce overuse injuries.
- 4) Listen to your body, and do not push through pain. Pain is an indication that something is wrong.
- 5) Warm up and cool down after exercise: Warm up helps gradually heat the muscle to reduce injury work. Warm-up should include 5- 10 mins of low level cardiovascular activity (light walking or jogging).
- 6) Get adequate sleep: Sleep is a time of recovery for the body. Aim for 8- 10 hours nightly, especially during periods of intense training.
- 7) Use proper equipment in good condition.

**Stay Safe & Enjoy Exercising!**