

No pain, no gain?

Exercising right is the best way to prevent injuries, writes **MICHELLE POUNTNEY**



AVOIDING INJURY AND PROMOTING RECOVERY

Don't try to "ride out" injuries: Athletes are great at listening to their bodies and will seek an expert quickly if they have an injury," Kusal Goonewardena says. "The rest of us often try to 'ride out' injuries, with poor results. Pain should be your signal to stop."

Rehab: "Athletes take rehab very seriously, but the rest of us tend to skip on rehab exercises once the pain goes away. Rehab exercises are also preventive exercises, so even if your body feels better you might still benefit from rehab exercises," he says.

Recovery: "Many people develop a passion for a new sport or exercise and then overdo it. Overdoing it often leads to breakdown. Adopt a short recovery routine after each exercise session.

Elite athletes have recoveries ranging from warm-down exercises and stretches to ice baths and compression garments."

When injured, rest is not best: "Our evidence suggests that it's better to stick with your sport at a reduced intensity, rather than stay away from that sport altogether."

EXERCISE is good for you, but injuries are common and often start with a niggly or some mild discomfort. Ignoring pains and strains is a fast track to more serious injury. Taking some simple steps can help avoid injury and if you do feel pain, it's not the end of your fitness regimen. The sport you play or type of exercise you do influences the type of injury you may be prone to. Sore backs, shoulders, knees, ankles, hamstrings, calf or quad

muscles, neck pain and even headaches are common complaints. Amateur athletes also often suffer sprains, shin splints and tendinitis. One of the main causes of injury is doing too much too soon. Muscles need to be built up and strengthened over time and diving headlong into a new workout regimen often causes problems and pain. "People will see strains (muscular or tendons) and sprains (joints) and feel pain ... People almost immediately get their nervous system (nerves)

affected but they don't feel pain. That's one of the biggest reasons we tell people to get the problem sorted straight away — otherwise they wait and the healing process is delayed," says physiotherapist Kusal Goonewardena of Elite Akademy. The area of the body that a person uses the most in their sport, activity or job is where they are most likely to succumb to injury. A strained back is common from many different forms of exercise when starting out but

it's probably not just a result of the exercise you're doing, rather the new activity combined with your weak back muscles from prolonged sitting at work and home. If you have not exercised for some time, it might pay to get a personal trainer, sporting coach or other expert to help guide you with correct technique to avoid injury. If your muscles are weak or you have poor balance (common in older people and obese people), simple exercises or overexertion may cause

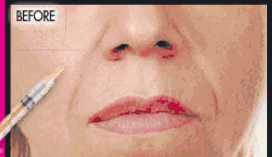
problems or pain. Starting at a low intensity is the key to safe exercising, especially when starting out or even for those with a good level of fitness when starting a new activity. Mr Goonewardena says prevention of injury comes with proper posture during exercise and at work, regular training, proper recovery and monitoring progress with the help of an expert such as a physiotherapist.



Look your best for Less!



Laser Lipolysis (Alternative to liposuction)



Injectable Fillers



Fraxel for acne



Fractionated and CO2 laser



Anti Wrinkle Injections \$990 per unit
Dermal Fillers Starting at \$400 per ml

UP TO 50% OFF*

and many more...
 Free consultations and brochures

Safe & Effective
 Qualified & Experienced Medical Practitioners

- Other treatments include:**
- Injectable fillers
 - Skin cancer checks
 - Non surgical thread face lifts

Phone **9090 0099** 1155 High St Armadale
www.cdc-clinics.com.au



"We encourage questions about risks and side effects and a second opinion."
 * Based on average Melbourne Prices (listed price). Must present coupon. One coupon per person.