

# THRIVE

## Injury Prevention

**Summer's here...** and many of you have goals lined up- couch-to-5k, or your first triathlon. This surge in activity is great for your health.... but how can you ensure injuries don't throw you off track? At THRIVE Physiotherapy we're passionate about you being your healthiest, so here are our top tips.

- ✓ **Manage your activity**  
Our **number one** tip for preventing injuries! Muscles and tendons don't like spikes in activity or 'load'. Your enthusiasm might want you hammering the pavements daily but your body won't if you're not used to it. Your 'acute:chronic workload ratio' is key to identifying your optimal load: compare the amount of training in the last 5-10 days (acute workload) with your training in the past 4-6 weeks (chronic workload). The sweet spot, where injury risk is low is where the acute workload is similar or slightly higher (0.8-1.3) than the chronic workload. Above 1.5, injury risk increases dramatically. This formula allows gradual training increases (up to 30% increase = ok, >50% = higher risk). "Troughs" in training (going on holiday) also increase risk.
- ✓ **Include strength training**  
Strengthening muscles with resistance training to improve their load tolerance is crucial. This includes all major muscle groups involved in your activity e.g. for running: calf, quadriceps and gluteals.
- ✓ **Consider lifestyle 'loads'**  
Your training schedule is mapped out but work is busy and you're not sleeping –so what? Psychological loads (stress) and physiological loads (poor sleep, being unwell) affect body tissues, increasing injury risk. Pushing through might not be best. Consider addressing lifestyle factors or balancing physical, psychological and physiological demands.
- ✓ **Despite your best efforts, you're injured- what next?**  
Myth- it will go away with rest. Relative rest is needed but complete rest with an expectation you can return to where you left off is unrealistic, and actually puts you at risk of re-injury. Guidance about the right load to encourage tissue healing, progressing load to get you back in action, and realistic timeframes for this, is key.

### How we can help.....

See [www.thrive-physio.co.uk](http://www.thrive-physio.co.uk) for information on training loads and managing injuries. Whether wanting to prevent an injury or optimise your recovery, we can assess your individual needs and get you started on an appropriate programme