

## Chapter 6

### Lesson 6 Injury and Recovery

#### Objectives

- **Identify** six warning signs of injury.
- **Explain** why you should let an injury heal completely.



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### Lesson 6 Injury and Recovery

#### Start Off Write

How do you know if you are hurt?



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### Lesson 6 Injury and Recovery

#### Warning Signs of Injury

- **Pay Attention to the Signs** Six warning signs of injury are:
  1. joint pain
  2. tenderness in a single area
  3. swelling
  4. reduced range of motion around a joint
  5. muscle weakness
  6. numbness or tingling.



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#### Recovery from Injury

- **RICE RICE** is the treatment for most injuries. It is also useful while you heal. RICE stands for:
  1. rest
  2. ice
  3. compression
  4. elevation



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## Lesson 6 Injury and Recovery

### Common Injuries

Injury	Type	Description
Strain	acute injury	A strain is a muscle or tendon that has been overstretched or torn. Strains are often treated using RICE. Mild strains can take as little as a week to heal.
Sprain	acute injury	A sprain occurs when a joint is twisted suddenly and out of its normal range of motion. The ligaments in the joint are stretched or torn. Sprains are treated with RICE and are sometimes placed in a splint or brace. Sprains usually take 4 to 6 weeks to heal. Bad sprains may take several months to heal.
Fracture	acute injury	A fracture is a cracked or broken bone. Most fractures are put in a cast or brace to keep the broken bone from moving while it heals. Fractures take 4 to 12 weeks to heal, depending on the location and severity of the fracture.
Stress fracture	chronic injury	A stress fracture is a tiny fracture that occurs because of too much exercise or bad form. Stress fractures are treated with RICE. They are sometimes put in a brace. Stress fractures may need 8 to 12 weeks to heal.
Tendinitis	chronic injury	Tendinitis is an irritation of a tendon caused by too much exercise or bad form. It is treated with RICE. Tendinitis can take 4 to 6 weeks to heal.

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## Lesson 7 Exercising Caution

### Objectives

- Describe eight ways to protect yourself from injury while exercising.



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## Lesson 7 Exercising Caution

### Start Off Write

How does stretching keep you from getting hurt?



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### Lesson 7 Exercising Caution

#### Warm-Up and Cool-Down

- **Warming Up** A warm-up gets you ready for exercise. It increases blood flow and loosens muscles and tendons.
- **Cooling Down** A cool-down helps your body return to normal after exercise. It helps the heart return to its resting rate.



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#### Stretch

- **How to Properly Stretch** To avoid injury, stretch after a warm-up or cool-down. Stretch slowly, without bouncing. Stretches should be held about 10 to 30 seconds.



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#### Don't Go Too Fast

- **Know Your Limits** Working too hard often leads to acute injuries, such as strains and sprains. Long workouts are also risky. The body gets too tired. You can lose concentration and get hurt.



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### Lesson 7 Exercising Caution

#### Improve Your Form

- **Poor Form** Poor form may put a lot of pressure on your muscles, joints, and bones. Using poor form over a long period of time can cause chronic injuries, such as tendonitis.
- **Learning the Correct Form** You should talk to your teacher or coach before trying a new exercise. He or she can show you the correct form and help you learn it.



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#### Take a Break

- **Let Yourself Recover** Rest and recovery are important parts of a fitness program. Rest gives the body time to repair itself. Rest should be planned along with exercise in your fitness program.



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#### Wear the Right Clothes

- **Special Clothing** Many sports have special clothing needs. For example, football and hockey jerseys need to be large enough to go over safety equipment.
- **Consider the Weather** Always consider the weather when you are dressing for physical activity. Dress in layers if the weather may change.



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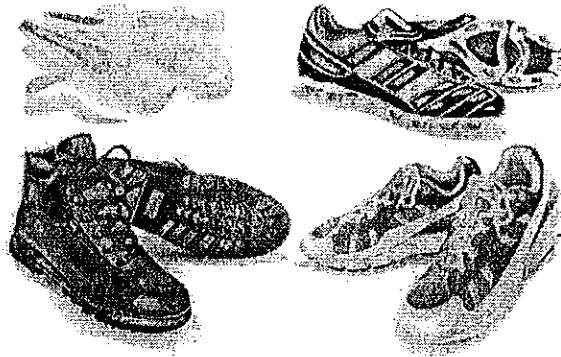
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Shoes are very important and are often specialized to each activity.



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#### Use Your Safety Equipment

- **Let Yourself Recover** Safety equipment serves two purposes:
  1. Safety equipment lets you try activities that would otherwise be unsafe.
  2. Safety equipment protects you in activities that are generally safe but in which accidents could happen.



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#### Don't Exercise Alone

- **Why Exercise with a Partner?** If you get hurt while exercising alone, there probably won't be anybody around who can help you. If you have friends around, they can help you or go get help.



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