

Rules of the game for injury-free sports



BlueCross BlueShield
of Texas



TEACHER RETIREMENT SYSTEM OF TEXAS

As the temperatures rise, so does participation in outdoor sports — and the injuries that can result from them. Common sports injuries include sprains and strains, knee injuries, swollen muscles and fractures.

Some injuries are from accidents, while others can result from poor training practices or improper gear.

Using these tips can help keep you or your child in the game:

- Always stretch and warm-up before you exercise or play any sport
- Don't bend knees more than half way when doing knee bends
- Avoid twisting knees when stretching and keep feet as flat as possible
- When jumping, land with your knees bent
- Cool down after hard sports or workouts
- Wear shoes that fit properly, are stable, and absorb shock
- Don't run on asphalt or concrete
- Know your physical activity limits and try not to overdo it

Source: National Institutes of Health



April
2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Prepare to be at the top of your game by learning proper stretching techniques with virtual exercise demonstrations.</p>		1	2	3	4	5
	6	7	8	9	10	11
	12	13	14	15	16	17
	18	19	20	21	22	23
	24	25	26	27	28	29
30						

Limber up your fingers and go to the Personal Health Manager's *Get Fit* section available online through Blue Access® for Members.