

# ★★★★ JUNIOR ★★★★★ SIXERS



## **PREVENT injuries**

Your body is like a car -- an amazing machine! You must take the necessary steps to maintain it and keep it in good shape. Follow these steps to help prevent injury

- Proper warm-up before activity – See DYNAMIC Stretches
- Proper cool-down and static stretching AFTER activity – See STATIC Stretches
- Proper nutrition/hydration – Make sure you have enough of the right fuel in your tank!
- Ice down sore muscles
- Proper footwear for basketball – good foot and ankle support.
- ***And make sure those shoelaces are tied!***

## **TREAT injuries!**

Basketball is a contact sport and injuries will happen. If there's no healthcare professional on hand when you suffer an injury then follow these easy steps until you're able to see your Athletic Trainer or Doctor.

**STOP!** If it hurts, don't push through it – you could be setting yourself up for long-term damage

Swelling? Use ice (for no more than 10-15 minutes) to help reduce inflammation for joint sprains and muscle soreness. If there is severe pain and swelling, go to your local ER.

Strengthen! Resistance exercises are a great way to regain strength in muscles and joints after an injury. As long as there is no swelling and you have pain-free, full range of motion then you can start to strengthen. Consult an Athletic Trainer, Physical Therapist, or Doctor to get started!

## **STRETCH out!**

Proper warm-up and cool-down are vital to prevent injury and maintain good flexibility. Here are some stretches to help get you ready to play and help you cooldown after playing!