

Healthy Vibe – Healthy Body Bouncing Back page 19

HEALTHY VIBE

HEALTHY BODY

Bouncing back



INJURIES CAN CREATE A MAJOR ROADBLOCK IN YOUR TRAINING AND FITNESS ROUTINE AND, IF NOT HANDLED PROPERLY, THEY CAN RECUR, MAKING YOU FEEL LIKE GIVING UP TRAINING. HERE ARE SOME TIPS ON HOW TO AVOID TRAINING AND SPORTS INJURIES, AS WELL AS HOW TO KEEP FIT EVEN WHEN YOU ARE INJURED.

If you've sustained a sports injury, the part of your body affected will need rest. When it comes to the immediate treatment of an injury, remember RICE – Rest, Ice, Compression and Elevation, however, you don't necessarily have to stop training altogether.

With a little ingenuity and flexibility, most athletes find ways to train through injury. Footballers who may have injured a shoulder, for example, will concentrate on leg exercises or cardio work on a low-impact machine (such as an exercise bike) as long as the exercise doesn't cause discomfort or strain to the injured area.

* Shoulder and Elbows

Upper injuries are probably the easiest to work around when you want to continue training. Most injuries to the upper body shouldn't prevent you from being able to walk, do some stair climbing or work out on an elliptical trainer.

* Back

If you've injured your back, regardless of how painful or serious it may seem to you, it's essential to speak with your doctor before you get back into training. Walking and swimming are usually safe options and will help maintain your fitness until you can get back into full training.

* Legs and Knees

Injuries to the legs and knees are probably the most difficult to work through, and the most common. If your leg or knee is out of action, switch your focus to your upper body. Kayaking, for example, is an exercise where your legs remain stationary and your upper body does plenty of work. A handcycle is another good option.

* Feet and Ankles

Depending on the injury, and if you're capable, using a rowing machine or a stationary bike with one leg is a good way to continue getting your cardio work in when you've sustained a foot or ankle injury.

Warm Up!

Not warming up before a workout is a big mistake and one of the most common causes of injury. If you're finding that you're getting regular pains and sprains from training, try stretching and warming up for longer.

Always talk to a doctor or physician before getting back into training after an injury.

Warning signs

Simply listening to your body is a great way to avoid an injury before it's too late. Joint pain or tenderness at a specific point, swelling, numbness or tingling and weakness are all injury warning signs.

Take it easy

Returning to your sport too soon after an injury only increases your chances of re-injury or developing a chronic injury. Don't get back into things until you have regained full motion (or full or close to full strength, of the injured part of your body). Even when you are feeling back to your best, be mindful of your injury for several months.

SWIMMING

The ultimate recovery option

Swimming is a popular option when it comes to sports injury rehabilitation because exercising in water puts less impact on your body. That's why the day after any big game, you'll find your favorite footy team at the pool for their regular pool "recovery session". Speak to a doctor or visit your local medical service to get advice on what types of swimming will work best with your injury.



TIM CAHILL TAKES A DIP AT THE SOCCEROOS RECOVERY SESSION



If you are injured when you play sport, it may interfere with your training routines. You will need to manage your injuries properly, or they may get worse. You need to rest the injured area, but you can still exercise other parts of your body. Swimming is a great recovery exercise that doesn't put too much strain on your injured areas.

To prevent injuries, always warm up by stretching your muscles before training, be aware of pain or tenderness in your muscles or joints and don't get back to full training before your injuries have healed properly.

Always talk to a doctor before getting back into training after an injury.



Rest
Ice
Compression
Elevation





Read Bouncing Back on page 19

ACTIVITY 1- READING FOR MEANING

There are three levels of comprehension questions:

Level 1 – Literal. The answer is located in one sentence in the text.

Level 2 – Inferred. You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Level 3 – Applied. The answer is in your background knowledge, what you already know or feel.

1. When you give immediate treatment for an injury, what does RICE stand for? (literal)

R _____ I _____ C _____ E _____

2. In what order should you do these if you have an injury? (inferred)

Number the boxes 1, 2, 3, 4.

- ☐ Keep the injured above the level of the heart.
- ☐ Take a break from training.
- ☐ Put some pressure on the injury.
- ☐ Put ice on the injured area.

3. What types of exercise could you still do if your shoulder was injured? (inferential)

4. Why is it important to speak with your doctor when you injure your back? (applied)

5. Shade one bubble.

Which of these is a good training option for recovery after an injury? (inferred)

- ☐ Getting back into full training
- ☐ Doing a triathlon
- ☐ Swimming
- ☐ Sprinting



ACTIVITY 2- LANGUAGE CONVENTIONS - SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. All injurys need to be managed properly.

2. You can keep traneing even if you have an injury.

3. You can still do stare climbing if you have a shoulder injury.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. A sports injury can be paneful.

2. Walking and swiming are good recovery exercises.

3. Your legs are stationery when you kayak.



ACTIVITY 3- LANGUAGE CONVENTIONS - GRAMMAR

Which word correctly completes these sentences? Shade one bubble.

1. If _____ sustained a sports injury, the part of your body affected will need rest.

- ☐ he
- ☐ they
- ☐ you've
- ☐ we

2. Swimming _____ a good recovery option.

- ☐ is
- ☐ are

3. Cycling is a good workout if you've _____ a shoulder injury.

- ☐ sustain
- ☐ sustaining
- ☐ sustained

4. Walking and swimming are usually safe _____ if you have a back injury.

- ☐ option
- ☐ options



ACTIVITY 4- LANGUAGE CONVENTIONS – PUNCTUATION

Shade one bubble.

1. A comma (,) has been left out of this sentence. Where should the missing comma go?

A shoulder injury shouldn't stop you from walking stair climbing or other workouts.

☐☐☐

2. Which sentence has the correct punctuation?

☐

Which exercise should I do if I have a back injury? Jack asked his trainer.

☐

"Which exercise should I do if I have a back injury? Jack asked his trainer."

☐

"Which exercise should I do if I have a back injury?" Jack asked his trainer.

☐

Which exercise should I do if I have a back injury? "Jack asked his trainer."

3. Which sentence uses the apostrophe (') correctly?

☐

These are all great exercise's.

☐

You can still train even if you've had an injury.

☐

This was everyones' favourite workout.

☐

A lot of injury's can be prevented.

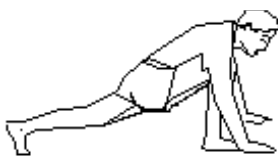


ACTIVITY 5- WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social purpose	Stages	Phases
Exposition	Argues one point of view about an issue	Thesis Arguments Restatement	preview evidence statistics quotes examples elaborations review conclusions

What are the best ways to prevent and manage sports injuries?



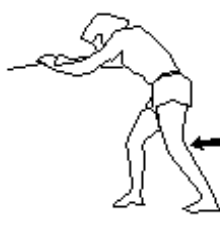
Hamstring/Groin Stretch



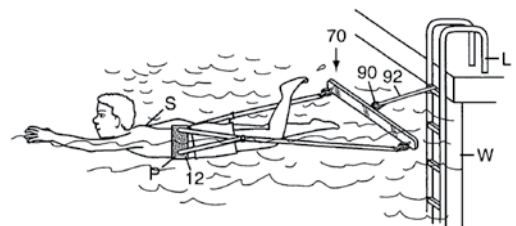
Hamstring Stretch



Achilles Tendon Stretch



Quad Stretch





Write an EXPOSITION to argue your suggestions.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing
- choose your arguments carefully
- give reasons for your arguments
- give examples to support your arguments
- write in sentences
- pay attention to your spelling and punctuation
- use a new paragraph for each new idea
- choose your words carefully to convince a reader of your opinions
- check and edit your writing so that it is clear for a reader.