

Get Back to Active !!

Want to be more active?

Taking up a new sport?

Returning to an old sport after a few years out?

Remember to take it slowly!

Your heart and lungs adapt and become fitter much faster than your muscles, tendons and ligaments do. If you have been inactive or have been using a certain part of your body less, then your ligaments and tendons will have softened and your muscles will have weakened.

As you start your new sport you will build your cardiovascular fitness quickly, especially if you have been quite fit in the past. You may find you are feeling fit and able to cope well with your chosen sport after just a few weeks of training. Be warned however, you are entering a risky period if you try to push your sport hard at this point. Your tissues aren't ready for it yet and you are likely to sustain an injury.

To build real strength in your muscles, tendons and ligaments you are looking at 6 to 9 months of graded training, depending on how long you or your body part has been inactive prior to starting. Below are some classic over training problems which you should out look for.



Pain at the front of the knee

This can occur in any sport involving running, especially where fast acceleration and deceleration are concerned eg football or rugby, or if long distance running is undertaken.

Cause: The muscles on the outside of your knee build faster than those on the inside causing an imbalance.

Remedy: Build the inner quadriceps muscles specifically by performing double or single leg

quarter squats.

Pain at the front and top of the shoulder

This can occur in sports where the upper body is used strongly, especially if fast forward movements of the arm are used eg: Bowling in cricket, any throwing sports, an unbalanced weight training programme.

Cause: The stability muscles around the shoulder are not strong enough to properly control the movements of the shoulder girdle.

Remedy: Build the shoulder stability muscles by pulling your shoulders down and back. Next do not allow any shoulder movement to occur while you lift a small (1-2kg) weight in front of you with a straight arm. Do not lift your arm above shoulder height.

Aching in the low back

This can occur in any sport where repeated trunk movements are used, especially bending forwards, bending backwards or rotating, eg golf, racquet sports, rowing or too many sit ups or leg raises if core stability is poor.

Cause: The core stability muscles of the trunk are weak and not well able to control all the movements of the low back joints. Also the joints of the low back may be stiff.

Remedy: Core stability muscle training and lumbar flexibility exercises. These can be achieved by attending pilates sessions or perhaps by having a training session with a physiotherapist.

If these pains persist, or if you have developed any other pains from returning to or taking up a sport, you should consult a sports physiotherapist. A sports physio will be able to analysis your problem in depth and explain to you what they believe has gone wrong. They can treat you and guide you with specific exercises until you have made a full return to your sport. They can also refer you on if further investigations are required. A sports physio will also teach you how to minimize the risk of the same problem happening again so you can enjoy your chosen sport to the max!