

## Prevention of Injuries during Exercise

**Purpose:**

The following lab experience is designed to find and eliminate ways in which your exercise program may cause injuries.

**Directions:**

Check each of the following factors associated with prevention of injury that you have included in your exercise program. For those not checked, list the ways in which you can eliminate these risks by substituting alternative exercises or performing the same exercises in a different manner.

Preventive Measure	Check here if included	Alternate
Use of proper shoes for the activity	_____	_____
Use of warm-up	_____	_____
Stretch all muscle groups involved in the activity	_____	_____
Avoid over-stretching of the neck and back	_____	_____
Avoid extension and rotation of the spine	_____	_____
Avoid lifting extremely heavy objects	_____	_____
Avoid quick, jerking movements	_____	_____
Strengthen and balance all muscle groups involved in the activity	_____	_____
Use of properly designed training program	_____	_____
Frequency	_____	_____
Intensity	_____	_____
Duration	_____	_____
Use of proper exercise techniques	_____	_____
For running—use of level, firm surface	_____	_____
Use of proper cool-down	_____	_____
Use support device for muscle or joint if you can't stop training	_____	_____