

HEALTH TIP

THE WIN WITHIN
VICTORIOUS

SAFE Return-to-Sport

As many youth, collegiate and professional sports organizations head back to training, a word of caution for getting back into the game as **S.A.F.E.** as possible:

SLOWLY

Don't jump full-force back into a conditioning, practice or workout routine, especially if you've had months off.

ADEQUATELY

Be sure to engage in full-body training that reengages every muscle group and give sufficient time to these efforts before jumping back into a game or match.

FLEXIBLY

Take care of muscles that have been "dormant" for months by focusing on exercises that promote flexibility.

ENTHUSIASTICALLY

Don't get discouraged by slow progression. You're deliberately safeguarding your return-to-plays from injury. That's something to be proud of!



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