

Mayo Clinic Minute: Tips to avoid weekend warrior sports injuries

Video	Audio	
Kristina DeMatas, D.O. Sports Medicine Mayo Clinic	"A weekend warrior athlete to me is someone that is active and competitive on the weekends. Maybe working throughout the week but engages in real strenuous activity during the weekend."	
	Running longer, extra tennis matches, added rounds of golf can be strenuous on the body, especially if your body is not ready for it.	
	"That's where we see the ankle sprains, the knee sprains. That's where we see back injuries. That's also where we see the most hamstring strains and tears when you're not warm and ready for that activity."	
	Dr. DeMatas recommends these tips to prevent injury: Warm up, do dynamic stretching and stay hydrated.	
	"After activity, cooling down and stretching will also prevent injury."	
	And if you do get injured, make sure you get an accurate diagnosis so you can start the right treatment.	
	"In the case of an injury, it's important to have a team around you that can rehab you back to your best potential."	
	Don't let fear hold you back. Any opportunity to move your body is good physically and emotionally.	
	"People that are engaged in regular exercise tend to be happier."	
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.	