

Technique to Restrain Yourself from Injuries During Workout

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Introduction

Walking is one of the safest ways to get more physical activity. Minimize your injury risk with the following tips:

Injuries during workout

Get a smart start

With comfortable, well-fitting, cushioned athletic shoes, start low and go slow. Per week, increase your walking time or distance by 10% to 20%. To stop the wear and tear that can lead to accidents, replace your shoes every 300-500 miles.

Blisters should be avoided at all costs

When opposed to cotton socks, studies have shown that synthetic fibre socks reduce blisters. (Cotton absorbs moisture and creates more friction.) Socks made of synthetic fibres such as Coolmax®, acrylic, or polypropylene should be avoided. Start with a quick walk if you're buying new shoes so that new pressure points don't irritate your skin.

Shin splints aren't essential

Shin splints (pain in the front of your lower leg) can develop if you increase your walking distance and pace too quickly, or if you add too many hills too quickly. Wear running shoes with good support and cushioning and progressively increase the walking distance and speed to avoid them. After walking, stretch the calves (both straight and bent knee).

Get rid of your knee pain

Knee pain can be caused by a variety of factors, including osteoarthritis and other issues. Consult your doctor if you encounter knee pain when exercising. It's possible that you'll need a new pair of walking shoes with more protection and cushioning. Strengthening and/or stretching exercises targeting the muscles that support the knee and hip can also be beneficial.

Trails of joy

Remember to look both ways when crossing the street, particularly now that there are so many quiet hybrid cars on the road! Make sure your iPod doesn't block out street noise while you're listening to it. If you're out at dawn or dusk, wear light-colored clothes with reflective strips.

Walking on the sidewalk is the best choice. If you must walk on the lane, do so against the flow of traffic so that you can see approaching vehicles. To allow for water runoff, there is a slight gradient from the middle of the street to the curb. Walking along the curb makes your downhill leg bend slightly inward, extending your iliotibial band (a ligament that runs along the outside of your thigh).

It's possible that this will irritate and hurt you. Alternate walking on opposite sides of the street to avoid using the same leg on the downhill slope. Concrete is less forgiving than asphalt when it comes to sidewalks. Even smoother and gentler on your knees are cinder tracks and gravel trails.

Hiking trails and walking paths can be beautiful and relaxing. Just be aware of rocky soil, rocks, tree roots, and secret gaps, all of which

may result in ankle injuries. Lightweight trail running or hiking shoes, which offer extra support for walking in the great outdoors, are a good investment.

Injury 101

Pay attention to the body. Limit your activity and consult your doctor if you experience pain, particularly if it worsens or occurs earlier in your walk.

If you injure yourself while walking, follow the RICE instructions and contact your doctor:

Rest: The injured area should be rested.

Ice: For around 20 minutes, apply an ice bag to the injured area. Ice has anti-inflammatory properties which can help to mitigate tissue damage. If you don't have an ice pack, use a bag of frozen peas. Between the ice pack and your skin, place a damp cloth. Repeat in the morning, after work, and in the evening as long as you have discomfort or swelling.

Compression: Secure the ice bag to the injury with some pressure using an ace bandage/wrap. This will aid in the reduction of swelling.

Elevation: Sit or lie down with your leg raised at or above heart level if your foot or knee is hurt. This helps to minimize swelling and promotes quicker healing.

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