

Injury prevention is key to any good strength program!

Experience with injury prevention and Rehab makes a difference.

The strength and conditioning field is becoming increasingly popular at all levels of competition. Coaches, athletes and parents are recognizing the importance of this in congruence with all sports. An often overlooked factor when implementing strength and conditioning programs is prevention of injuries. Injuries play a key role with all sports and can be detrimental to the overall success of a team.

Graduating with a Bachelor's of Science in Athletic training, including hundreds of hours in the training room, prevention of injuries became a number one priority. Currently in a rehabilitation setting and working with many different levels of athletes, including professional, prevention of injury continues to be a priority.

Common overuse injuries include:

- Rotator cuff strains/tendonitis
- Knee pain
- Low back spasm

Proper program balance and design

In order to institute a successful strength and conditioning program a good coach needs to look at overall goals of his/her athletes. Furthermore, those athletes must be broken down into positions and weaknesses assessed. Different sports place different demands on the human body. The more an athlete can adapt to these demands the less likely it is for an injury to occur.

Three Keys to staying injury free

1. Using proper technique

2. Incorporating assistive exercises
3. Having a balanced program

Teach them when their young!

Now is the time for students to learn. Understanding the basics can help them stay injury free and reach their maximum potential. Knowledge gained now can be further carried throughout their sports careers.

Specific Training methods:

- Periodization (Using the body's natural energy systems.)
- Preventive exercises (core and shoulder stability, flexibility)
- Speed/Agility Training
- Sport Specific Training



For more information regarding program design, injury progression as well as the proper implementation of speed and agility drills contact:

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