



Physical Medicine Chiropractic Performance Testing Massage

INJURY PREVENTION

1. Common sense is a very important part of your training—practice it everyday.
2. Proper clothing, shoes and equipment are a must.
3. Follow a solid and proven training program to get you to the finish line.
4. Make sure your warm ups, cool downs and stretching regimes are consistent and that you continue to stretch even on off days.
5. Cross training with weights is essential. Your core will sustain you.
6. Aqua jogging can be used as a tool to cross train while providing a change of scenery as well as a way to continue training if injured.
7. Hydration, hydration, hydration.
8. Customize your diet to coordinate with your training schedules and upcoming events. Understand the value of carbohydrates and proteins to you and your training.
9. Use ice on a daily basis for any chronic old injuries, new injuries or for injury prevention. Use Epson salt baths to relax tired muscles and reduce inflammation.
10. Have fun and celebrate your accomplishments daily!



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