

# Injury Prevention & Management.



The best way to avoid getting injured is to stay fit and healthy. This is especially important if you've a physically demanding job. It's recommended that adults are active daily, and each week aim to complete either 150 minutes of moderate aerobic activity (such as cycling or brisk walking), or 75 minutes of vigorous aerobic activity (such as running, or playing tennis), or a mixture of the two. In addition to this we should also complete 2 bouts of resistance based activities that strengthen our major muscle groups. This might include heavy gardening, such as digging or shovelling, or doing body weight exercises such as squats or press-ups, or even circuit training or yoga. The most important thing is to choose an activity that you enjoy and remember, if you've not exercised in a while start slowly and gradually build up the intensity to prevent overdoing things. You may also want to get a check-up with your GP first if you've got any pre-existing medical conditions.

If you've sustained a minor injury you can often treat yourself effectively by:

- **Resting the affected part of the body for the first 48-72 hours to prevent any further damage.**
- **Regularly applying an ice pack to the affected area during the first 48-72 hours to help reduce swelling.**
- **Using over-the-counter painkillers such as paracetamol or ibuprofen to relieve pain.**

If your symptoms are severe or don't improve within a few days, you can speak to your GP or contact RehabWorks for rapid access to physiotherapy support by simply calling **0333 222 0712**.

Depending on the type of injury, it can take a few weeks or months to make a full recovery. While recovering, it's important not to do too much too soon: aim to increase your level of activity gradually over time.