



Jennie's Tips—Physical

Maintaining While Injured

Exercise and physical activity can lead to injury. Most injuries are temporary and need time to heal. During that period of rest many people worry about weight gain, muscle loss, or reduction in overall fitness. Most injuries still allow for physical activity but your previous routine may need to be modified.

Disclaimer: Before starting any exercise program consult your doctor or physical therapist. Follow the advice and don't try to push yourself too much.

The main thing to remember is to avoid activities that involve the injured body part. Below are some exercises based upon your type of injury:

Ankle/Foot Injury: Try a rowing machine, one legged stationary bike, swimming, deep water running with a float belt. In addition, try various weight lifting of the upper body.

Leg/Knee Injury: One legged stationary bike, hand cycle, various weight lifting of the upper body.

Elbow/Shoulder: Walking, stair stepper, stationary bike without holding onto the handlebars, elliptical, deep water running with a float belt.

Lower Back: Walking or backward walking on a treadmill, swimming, recumbent bicycle.

As with any exercise or activity—if it hurts don't do it! What works for one person may not work for you. If swimming hurts your lower back then don't do it but try something else.

You might need to modify your caloric intake during your period of reduced activity to prevent weight gain. In addition, you may need alternative activities to help you with stress reduction. Other activities may include yoga, meditation, or tai chi.

