



Williamstown Cannons - Return to Activity - June 2020 Provided by our Community Sponsor, Symmetry Physiotherapy

We are all very eager to see a return to basketball for everyone involved! However, as no one has been able to train safely over the recent months, it can be tricky to balance the excitement of returning to sport and allowing our bodies' time to adapt to an increased level of activity.

Below are five things to keep in mind when returning to sport for young athletes.

1. Always include a warm up and cool down



As tedious as it can be when you want to get straight into your training sessions, a warm up and cool down should always be included. Warming up can involve less intense exercise or drills that replicate what is about to come in the session, and prepares our bodies for movement, while preventing potential injury. Cool downs can help with the recovery phase of exercise.

2. Ease into it



Our bodies take time to adapt to changes in exercise loads... be cautious of this and consider the 'break' you have had recently. Even if you have been exercising, it isn't in the same form that you are now! Ease into your normal training gradually over a few weeks. Also take notice of a recent growth spurt – ensure to take extra time easing back into exercise.

3. Listen to your body



If you are feeling fatigued at the beginning of a session or have a pain that has been persisting for a couple of weeks, make sure you take note and give your body the rest it needs. Your bodies are busy growing and too much exercise too soon can contribute to the risk of injury.

4. Well fitted shoes



Ensure your shoes and any other equipment required still fit well! If you have had a recent growth spurt your shoes may no longer fit well and can cause discomfort or injury.

5. Sleep and recovery



Going back to sport can cause a shift in routine! Sleep is the time that the body can regenerate, and it is important that adolescents get 8-11 hours of sleep a night. Ensure you also eat enough nutritious food to provide the energy of increased exercise.

If you notice any niggles or injuries that are concerning you, come and see one of our Physio's at Symmetry Physiotherapy. Find your most convenient clinic at www.symmetry.physio and mention that you are part of the Williamstown Cannons!!!

