

Beating Sports Injuries

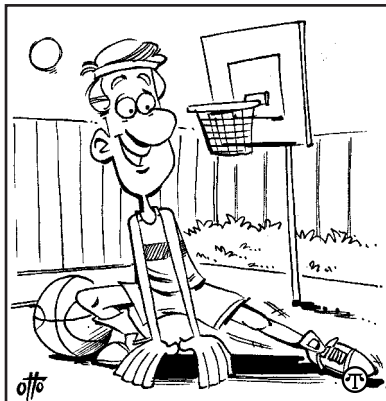
(NAPSA)—Whether you're a serious athlete, a weekend warrior or a backyard gamesman, if you know the thrill of victory, chances are you know the agony of the feet (or wrist, knee, or any other part of the body susceptible to injury).

That's one reason trainers say it is important for active people to bear a few facts in mind before they take the field of play. For example:

- **Fast Facts**—It's important for people—no matter what type of shape they're in—to consult their doctors before they start new exercise routines or athletic activities. Review the activity with your physician and discuss any possible physical problems it could present.

- **Stretch It Out**—The more flexible you are, the less likely you are to be injured. Most sports injuries occur when a participant's body is quickly jerked in a certain direction. If you are inflexible, your muscles can be strained—or worse—by the sudden movement. It's a good idea to stretch for at least five minutes before any athletic activity.

- **The Rules Of The Game**—Learn about the sport or game you are playing. Knowing the rules and understanding the different



Athletes can stay ahead of injuries by stretching properly before competition.

techniques used on the playing field can help protect you from injury.

- **Provide Support**—If you have an injury that doctors say you can still play on, it's important to protect it. Athletes can use tapes, or athletic wraps, such as Dome SelfGrip Athletic Tape/Bandage. The wrap is breathable, tears evenly by hand, and sticks only to itself, eliminating the need for shaving, prewraps, pins and clips. In addition, it's reusable, and can be worn under water.

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