



INJURY PREVENTION

ERICA HOLMES, PHYSIOTHERAPIST

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LITTLE ABOUT ME

- Athletic background – Fastball, Hockey, Basketball, Hockey Official, Track, Triathlon, etc.
- 5 years CIS hockey with University of Manitoba Bisons
- Started officiating hockey as a flexible part time job, but have travelled across Canada & Internationally
- Physiotherapist with a special interest in active populations and a personal training background
- Spent the last 10 months rehabbing from hip surgery
- Passionate about top quality, patient centered and preventative care



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WHAT TO EXPECT

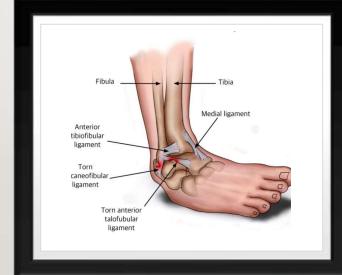
- Why and how injuries occur
- Healing process
- How to manage an injury should it occur
- Prevention
 - Warm-up structure
 - Exercise recommendations
- How to advocate for yourself



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WHY DO INJURIES OCCUR

- Insufficient strength/stability (muscles, tendons, ligaments)
 - Poor mechanics
- Insufficient endurance – compensation
- Structural abnormalities – leg length differential
- Overuse – repeated microscopic injuries to a part of the body – insufficient recovery
- Improper equipment/footwear
- Trauma
- Unsafe exercising environments



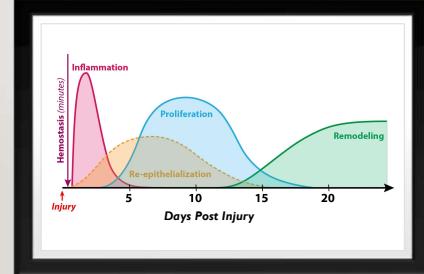
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INJURIES HAPPEN

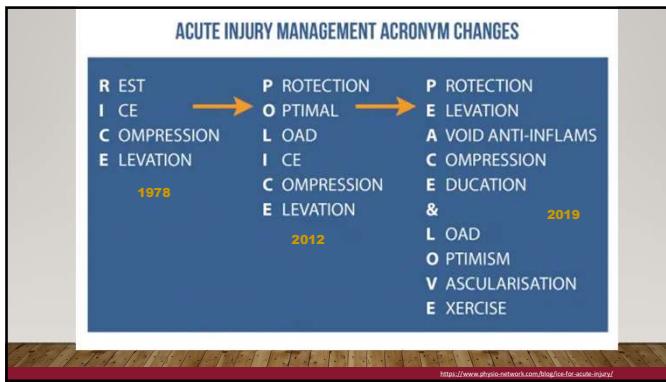
WHEN YOU ARE ACTIVE IT IS HIGHLY LIKELY THAT YOU WILL EXPERIENCE AN INJURY AT SOME POINT IN YOUR CAREER

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HEALING PROCESS



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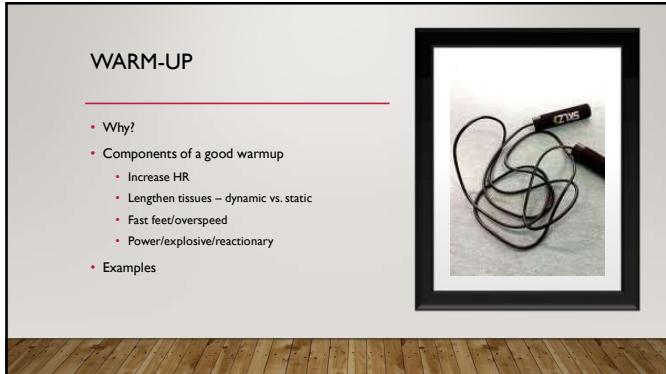
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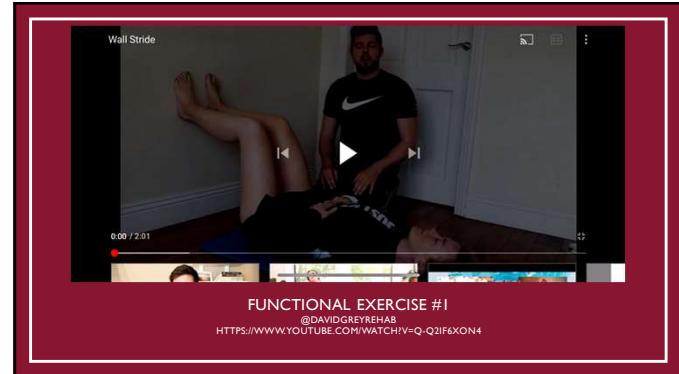
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FUNCTIONAL EXERCISE #2

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GENERAL ADVICE

- As a health professional my goal is to return you movement safely as soon as it is practical and to educate
- One off Gems
- Don't Dr. Google
- Advocate for yourself – factory physio vs. quality care, imaging
- Ask for a second opinion
- Get a Sports Med Referral
 - Major cities usually have a self referral service to see sports med sooner vs. later

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KEY TAKE AWAYS

- Be proactive vs. reactive
- Listen to your body
- Take care of your nags and snags
- Functional exercise is the best bang for your buck
- If you take umpiring seriously make sure to train for it as you are an athlete

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PICTURE REFERENCES

- <https://www.beyondtheboxscore.com/2014/1/27/5341676/how-well-do-umpires-call-balls-and-strikes>
- <https://www.physiorehab.com/>
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- https://commons.wikimedia.org/wiki/File:Jump_rope_in_ground.jpg

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CONTACT INFORMATION

- ericaholmesphysio@gmail.com
- Instagram: @sportsphysiogy
- Peak Health & Performance
 - www.peakhealthcalgary.com
 - (403)-287-7325



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