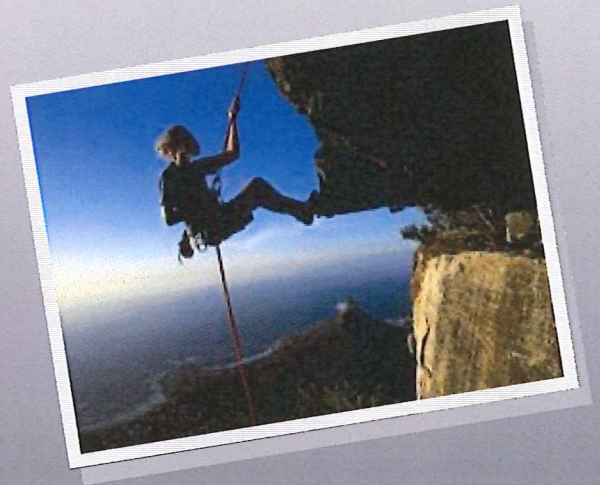
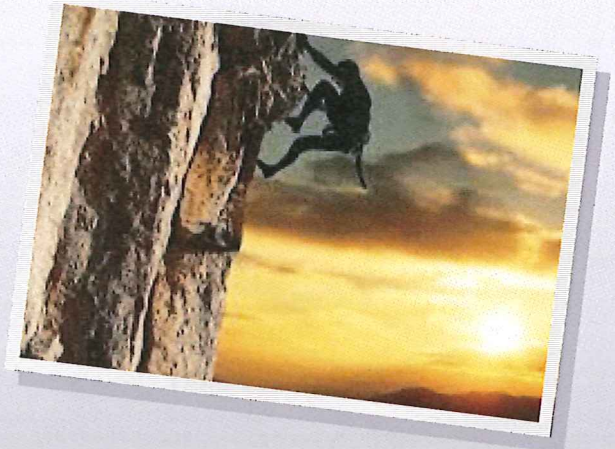




Tips for Injury Prevention:

- *Maintain adequate hydration & balanced nutrition*
- *Warm-up and stretch before intended athletic activities*
- *Utilize cool down activities following sustained athletic performance*
- *Use dynamic stretching and cardiovascular warm-up to prime the body for safe athletic performance*
- *Get adequate sleep for sufficient muscle recovery between workouts*



Want to learn more? Ask an Olympic Sports and Spine Physical Therapist from our University Place Clinic. Call Tyrees Marcy, DPT, OCS, COMT, FAAOMPT or Tyler Dumm, DPT at 253.460.1362