

PREDICTORS OF POTENTIAL INJURY & OVERTRAINING

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There are several markers that the athlete and exercise enthusiast can be on the look out for to determine if they are overtraining. Of course, overtraining leads not only to lack of performance and diminished gains, but to injuries, too. So to maximize your time in the gym and lessen your time at the office rehabbing an injury, check these few indicators as part of your training log.

1. An increase in your resting pulse by ten or more when taken first thing in the morning.
2. To determine your resting pulse take it first thing in the morning, **before getting up for one full minute**. It is best to average it over 5 days.
3. Unexplained weight loss of over three percent of your body weight combined with decreased energy.
4. Loss of sleep by ten percent of your usual amount.
5. Inability to complete your last workout.

Note: Numbers 1, 2 and 3 require daily checking.

INTERPRETATION

One of four factors present: you may workout, but be prepared to stop early. Two of four factors present: take one day off. Three of four factors present: stop training for two to four days. Four factors present: stop training and schedule a check-up to re-evaluate your program and establish an appropriate recovery regime.

Finally, here are the indicators that you need to call the office for an appointment to check on a potential injury:

1. Injury with severe pain
2. Trauma to any joint
3. Pain in a joint over four days
4. Injury that returns after rest

Overtraining can occur insidiously and sets the stage for injury and poor performance. In fact, one of the most important aspects of a training regime is the rest days and recovery workouts. Give your body the chance it needs to prepare for the next workout, and gain the edge for improved performance. Remember that recovery also includes eating properly after workouts, too. Dr. DeFabio

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