



With the COVID-19 restrictions easing people are getting back to sport. BUT – elite sports have seen an increase in injuries (muscle strains, ACL tears, tendinopathies etc) for athletes in the same situation. It is important to ease back into activity and manage your load appropriately.

What is load?

Load is the work placed on the muscles, bones, tendons and other structures which includes weight lifted, distance, duration, speed/intensity and frequency.

Why is load management important?

Increasing training load by more than 10% per week increases injury risk by 21-49%. Each structure has a capacity to tolerate load – if that capacity is exceeded, injuries occur. If we don't do anything – as in during COVID - our capacity reduces. We have to build this up again in an appropriate way.

Take home messages

- Elite sports medicine is expecting to see an increase in injury post COVID due to poor training
- Injuries such as muscle strains, ACL tears, tendinopathies will start presenting to you
- Helping amateur patients with this return to sport is important in reducing this risk
- We can help with managing return to training and injuries in the event of occurrence