



SPORTS INJURY PREVENTION

Traditional team and individual sport competitions may be postponed at this time, but Esports are available to help fill the competitive void. Don't forget to take care of your body and prevent ergonomic related injuries with these stretching and postural tips.

NECK

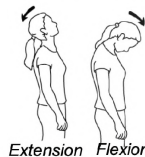


While playing avoid sitting with a forward head.

Maintain a healthy and upright neck posture by remembering to practice neck retractions.

Tuck chin slightly and move head backwards. Exercise can be performed for 10-15 reps, 3x/day.

Move head forward into flexion and then backwards into extension. Hold each movement for 5 seconds and repeat as needed.



EYES

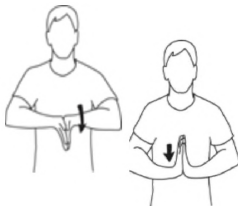
Staring at screens can lead to eye dryness and fatigue.

Combat this by:

- Looking away from the screen periodically and blinking a few times to re-moisten the eyes.
- Take short breaks and focus your vision on objects far in the distance.
- Keep screens at eye level, to avoid straining the neck and traps in uncomfortable positions.



WRISTS/HANDS



Forearm/Wrist Stretch

Place palms together with fingers facing up and draw the wrists downward until a light stretch is felt. Keep shoulders down and relaxed. Reverse the position with fingers down and wrists up, pressing palms together. Hold each stretch for 10 seconds and repeat as needed.



Wrist Extensions

Finger Flexion

Extend your arms in front of you and move spread fingered hand backwards. Feel the slight stretch and then curl fingers into a fist like position. Can perform 10 times.

BACK

Maintain good posture while sitting.

Slouching causes over-stretching of the ligaments in the back that can lead to pain. The following stretches will help to remind you of keeping an upright back position when seated.



Shoulder Blade Squeeze

Stand with back straight and chin tucked in slightly. Hold your palms forward at shoulder level and slowly squeeze your shoulder blades together tightly. Hold 10 seconds and repeat as needed.

Lumbar Stretch

Put your hands on your hips and slowly lean back pushing forward at the hips. Do not only extend at the low back. Hold for ten seconds and repeat as needed.

TIP: Use of a lumbar roll or pillow in the small or hollow of your low back will help you to maintain a correct lordotic posture and offer low back support while sitting.



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Disclaimer: The information above is a general guideline and is not all inclusive of the various conditions and body parts that may be affected during Esport participation. The performance of the following exercises is at your own risk and discretion and is not intended to replace the medical advice of a physician.

LEARN MORE: go.umd.edu/athletictrainers

RESOURCES:

Amazon Fit2Wrk Stretch Program

McKenzie, R. (2011). Treat your own back. Spinal Publications New Zealand Ltd.

McKenzie, R. (2011). Treat your own neck. Spinal Publications New Zealand Ltd.

United States Department of Labor. (n.d.) Computer workstations e-tools. Occupational safety and health administration. https://www.osha.gov/SLTC/etools/computerworkstations/components_monitors.html

Mayo Clinic Staff. (2019, May, 22). Back pain at work: Preventing pain and Injury. Mayo Clinic.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/back-pain/art-20044526>