Sore Points

The top five workout injuries and how to avoid them

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For Ira Kirschenbaum, MD, the chairman of orthopedic surgery at Bronx-Lebanon Hospital Center in New York City, not a day goes by without someone coming in for treatment of a fitness-related injury. “Usually, it’s because people are doing a little too much too early in the process,” he says.

Furthermore, individuals can get hurt working out regardless of their level of expertise.

According to Kirschenbaum, the five most common workout injuries are lower back strains, pain at the bottom of the front of the kneecap (jumper’s knee), plantar fasciitis (the most common cause of heel pain), tennis elbow and rotator cuff tendinitis (a shoulder pain).

To prevent these types of injuries, ease into activities, cross-train and warm up before you work out. Kirschenbaum also suggests that you find a professional to demonstrate how to safely and correctly execute exercises.

He offers these simple and effective ways to get the help you need: Watch YouTube videos, read books or sign up for one-on-one or group training.

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