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First Aid Treatment For Bodybuilding Injuries

By Chris Chew

Prevention is better than cure, so avoid bodybuilding injuries by having proper warm ups before exercising and use correct form and techniques when training with weights.

Many of you who have followed my articles will know that I am a serious advocate of avoiding bodybuilding injuries by constantly emphasizing on proper warm ups and using proper form and techniques during weight lifting in the gym. Okay, if you think that that I am a long winded nagger, then this article, although it is still about weightlifting injuries, is no longer about avoidance of such injuries, but to treat the injuries already sustained.

This article will cover the immediate first aid treatment you will need to recover from a bodybuilding induced injuries. That is assuming that the injuries sustained are not too serious that need immediate medical attention.

Okay, so sometimes bodybuilding exercises hurt. But how do you know when it's a good hurt or a bad hurt?

The good hurt tends to occur after a bodybuilding workout and feels like a dull ache in the muscle or commonly called the "delayed onset muscle soreness" (DOMS). This type of ache usually indicates that you have been working on that particular muscle hard enough and is a response to the effectiveness of your weight lifting workout although not always necessarily so.

The bad hurt, which generally signifies an injury, is usually sharp pain and the pain comes from a specific spot like in a specific joint or muscle spot. It usually starts as an uncomfortable feeling, which you think will go away. Next thing you know, you are in full-blown pain! Oh dear, what next?

Treat bodybuilding injuries with "RICE"

The acronym RICE is for the general treatment of minor weightlifting injuries such as sprains, joint pains, tendonitis, pulled ligaments etc

First Aid Treatment For Bodybuilding Injuries

R = Rest

I = Ice

C = Compression

E = Elevation

Rest — Avoid all activities that aggravate your injury. You may even need to skip your gym workout for a couple of weeks. Rest can mean the difference between a long recuperation (and possibly medical invasive procedures) or just a few days or a few weeks off.

Ice — Ice helps reduce swelling by restricting blood flow. 15-20 minutes, three to four times a day is recommended as long as the pain remains.

Compression — Put pressure on the injured site to help keep swelling down. You want to wrap a bandage or a towel tightly enough to feel some pressure but not enough to cause numbness or affecting blood circulation.

Elevation — Elevate the injured area to reduce swelling.

Your condition should improve with "RICE" treatment. Most of the time, you should see some results within 20 minutes of treatment. However if the pain persists or gets worse, then it time to see your doctor or a sports physician as your condition may be worse than what was initially thought to be.

Chris Chew is a personal trainer of actors, male pageant winners, models and other celebrities. More articles at his websites

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Serious Bodybuilding

By Ted Belfour

There is bodybuilding and there is serious bodybuilding. Serious bodybuilding encompasses training sessions, competitions, and strict regimens of diet and supplements. People that seriously build their body have bulging biceps, titan triceps and glutes of steel. Serious bodybuilders take what they do extremely serious and every part of their mind body and spirit participates in activities that promote elements that solely benefit their ultimate goal.

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Ultimate goals can vary within the total realm of bodybuilding. There can be intermediate, moderate, and totally serious participation in bodybuilding. There are guidelines for women and guidelines for men, with each guide being helpful in different parts of the bodybuilding scene.

Supplements, vitamins, and protein drinks are a large part of the bodybuilding lifestyle. And it is a lifestyle. When you are serious about bodybuilding you create a lifestyle where by you eat differently than other people, you exercise in a more dedicated fashion than other people and you also include resting your body and recovering your body from the old ways far more than other people.

What exercises and how much is totally up to you as an individual. The level of weight training and the amount of time you spend under the weights is again a personal decision. However with serious bodybuilding there are serious consequences to being a slacker. You have to be committed to a daily routine that includes all aspects of bodybuilding success in order to see results.

Diet can't be neglected when bodybuilding is a goal. Choosing foods that fill the natural needs of your body and being disciplined to steer clear of foods that are wasteful or harmful is a key step in any type of bodybuilding regimen. Sometimes that takes a person on a personal pathway they have never forged before, but hopefully there will be a knowledge learned on this path that will carry mind body and spirit throughout the rest of life.

Rest and recovery is key to a embarking into a bodybuilding lifestyle. Getting the proper rest for your mind and body should not have to be explained. Yet there are people out there who neglect the idea that getting correct amount of sleep improves the activities of your day. The time you need in order to feel consistently rested may vary from that of your spouse, siblings, or friends.

Recovering from pushing your self too far, recovering from old habits that resurface, and recovering from a bodybuilding competition are part of the recovery process that generates happiness in life.

People who don't understand serious bodybuilding may have predisposed ideas about steroids and general unhealthful practices in order to gain recognition as an over bulked, under brained champion. When the opposite is true.

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