

6 STEP AVOIDABLE INJURY REDUCTION SYSTEM (AIRS)

Screen for Injury Risk

Like a physical, 1x/year athletes need an AIRS (avoidable injury reduction screening) from a performance specialist who knows biomechanics and corrective exercise. We can tell A LOT about risk of injury from how an athlete moves.

Realign Tissue with Muscle

Foam rolling 10-15 minutes is all you need. It's like brushing your teeth. Easy to do and it makes a BIG difference. Fail to do it, suffer the consequences. With the amount of activity athletes do, foam rolling is no longer a good idea- it is a necessity.

Lengthen the Tight

Whether it be from sports or genetics, certain muscles are too tight for the body to move properly. Athletes must stretch those muscles everyday regardless of how bad it hurts.

Strengthen the Weak

Certain muscles, primarily the glutes, hamstrings, and deep core muscles do not get stronger from playing sports. These muscles must be strengthened in a controlled setting to ensure full activation.

Sweaty Before You Are Ready

Proper warm ups cannot be neglected. There is no such thing as "too long of a warm up".

Rest Your Body, Upgrade Your Nutrition Game

Competitive athletes need to do two things better- rest and fuel. Eat more foods that are actually real. Avoid fast food, minimize processed foods and sugary drinks. Don't beat your body up unnecessarily.