



Weightlifting & Powerlifting

Most Common Injuries:

- Rotator cuff injuries
- Lower back disc injury, nerve compression, muscle sprain/strain
- Patellar (knee) tendinitis
- Lateral epicondylitis (“tennis elbow”)
- Pec and biceps strain/tear

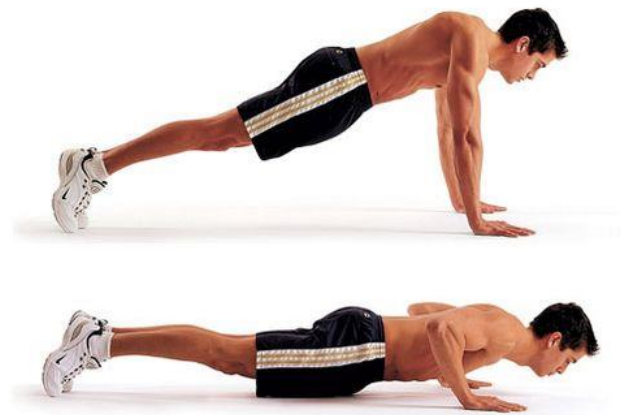
What causes them?

- Overuse (chronic injury)
- Not warming up properly
- Jumping too high in weight too fast
- Improper form
- The higher the load, the greater the injuries (esp. with deadlift)



What can YOU do to prevent them?

- Starting at bodyweight/lighter weight (ability to do 16-30 reps) when learning proper form for a new exercise
- Increase weight **GRADUALLY**
- Decreasing weight or taking a break from an exercise if pain occurs
- Allowing for recovery between sessions – training different muscle groups each session if lifting heavier; taking rest days
- Drink plenty of water and stretch **DAILY**, but especially on rest days





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At **Motion is Medicine** we are committed to partnering with you in times of injury and recovery to ensure safe return to your sport – stronger and healthier than ever! We offer many treatment options including [osteopathic manipulative treatment \(OMT\)](#), rehabilitation, [regenerative injection therapies](#) (e.g. prolotherapy, platelet-rich plasma, and stem cell), and much more! Furthermore, if you would benefit from more frequent and consistent care to prevent illness and injury, promote overall body wellness, and enhance overall athletic performance, then consider joining our [Direct Specialty Care program](#)!

Life is too short to live it in pain! Our goal is to keep you moving!



<https://www.trainedphysioperth.com.au/top-4-powerlifting-injuries/>

<http://powerlifting.life/what-are-common-powerlifting-injuries/>

<http://powerlifting.life/how-to-bench-press-without-shoulder-pain/>

Document created by Alexa Calcagno, OMSIV; March 2022