Cross-training May Be a Potential Preventive Measure Against Arthritis for Athletes

Melisa Scott  September 20, 2016

Joint problems are common among individuals who engage in intense physical activities on a regular basis. (Newswire.net -- September 20, 2016) Orlando, FL -- Athletes are thought to be more susceptible to injuries and conditions such as arthritis. This is due to the intense physical activity they are regularly engaged in. The good news is that there are certain techniques that may help reduce their risk of the condition.

Cross-training may be one of the potential preventive measures against arthritis for athletes. Athletes such as runners may be able to strengthen their joints and improve their performances by first taking care of their joint health.

Joint problems are common among individuals who engage in intense physical activities on a regular basis. There are those who use pain relievers to help ease pain and inflammation as well as improve their mobility. However, it seems that there are natural methods believed to be more beneficial and safe for athletes.

According to Paul Hartmann, D.P.T., a physical therapist in New York City, cross-training is the key. He believes that athletes such as runners may be able to run stronger if they are able to strengthen their weaknesses and maintain good flexibility.

Samantha Clayton, Director of Fitness Education at Herbalife and former Olympic sprinter based in Malibu, CA, also believes that cross-training is important to runners in the prevention of overuse injuries linked with repetitive impact activity.

Strength-training exercises are believed to be one of the best cross-training workouts for runners. It may help boost endurance, reduce the risk of injury, and help athletes utilize their own body weight.

According to Sulyn Silbar, a personal trainer in New York City and founder of Body + Mind NYC, long run performances may improve through strong hamstrings. Core exercises are also believed to be essential in becoming an efficient runner. There are other potentially beneficial cross-training exercises such as yoga, swimming, plyometrics, cycling, aqua jogging, and crossfit.

Rest is essential but it is also important to engage in cross-training exercises. It is imperative to get a break from doing repetitive motions. Repetitive motions may burden the joints and having a break is believed to relax the joints and reduce stress.

It is important to note that athletes may be more likely to suffer from conditions such as osteoarthritis due to the physical activities they are regularly engaged in and also their potential injuries.

Athletes may also use glucosamine supplements to strengthen their joint cartilage. Glucosamine is one of the building blocks of the cartilage. It is believed to help repair cartilage damage and may help to improve overall joint health.

Some of the more notable glucosamine supplements available nowadays contain other potentially therapeutic ingredients such as methylsulfonylmethane (MSM).

(http://www.amazon.com/vegetarian-glucosamine-supplement/dp/B0126ZF0B0)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at
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