

Patient Resources: Training for Sport

Why prehab is important

<https://puresportsmed.com/blog/posts/why-prehab-preventive-rehabilitation-is-important>

Injury prevention in sport

<https://puresportsmed.com/blog/posts/is-your-injury-due-to-under-preparing-rather-than-over-training>

Weight training

<https://puresportsmed.com/blog/posts/how-much-weight-should-i-use-when-i-am-training>

Breathing tips for exercise

<https://puresportsmed.com/blog/posts/three-breathing-techniques-to-improve-your-workout>

Winter training checklist

<https://puresportsmed.com/blog/posts/your-winter-training-checklist>

Hydration for sport

<https://puresportsmed.com/blog/posts/the-hydration-debate-how-much-water-do-you-really-need>