

## You Only Have One Pair - Leg Injuries, How Not To Have Them

Incorrect exercise may have adverse effects and you could end up injuring yourself. Leg injury is most common for work out freaks. Never ever hurry yourself. Try to do too much in less time can result in unforeseen critical injuries. Most common injuries from work outs are a result to improper practice and no warm up practices.

If any part of your body hurts beyond normal threshold after a work out, use ice packs. If it does not reduce in 24 hours do not hesitate to contact your trainer or a doctor. While working out your legs make sure that you do not have any previous pelvis or knee condition.

### Guidelines to avoid leg injury

While doing leg exercises, always keep your stomach in and the torso stable. Do not lock your knees while extending legs. Following these guidelines will help you avoid leg injury.

### Lunges

Bending downward, do not overdo by bending too far. Do not go over your toe, if you do you will be putting undue pressure on the knee which may result in a leg injury.

### Extensions

Always perform leg extensions without locking the knee. Extend your legs slowly without any jerks.

### Leg Press

Leg press is a machine based exercise. It is less stressful on the knees. Keep your torso stable and build up the weight slowly. Do not jerk or use fast motions.

### Leg Curls

Leg curls are done to strengthen your hamstring. Make sure you are using the right equipment; your back should not arch from the exercise. Keep your torso stable and lift only as much as you can. Do not go gaga on the weight it could result in back or leg injury.

### Squats

Squats can be done with or without a machine. Using a machine will help keep your back in the correct position, so that it is not stressed unwontedly. Squats are very good for the entire leg if done properly by use of correct weights. Keep your back stable and move only your knee, ankle and hip. Please be careful that your knees do not extend in front of your toes. This helps keeping leg injuries at bay.

### Step-ups

Always start your step-ups on a low surface without weights. Increase the height gradually until your knee should not be parallel to the ground. Do not let your knee go over the toe. Keep your back straight.

### Biking

Biking is a very good exercise for the legs and extremely good for the knees. Be careful that when your leg is at the bottom stroke, your knee is slightly bent.

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