

Published based on [Women's Sports Medicine -Issues You Should Know About](#)

Women's Sports Medicine -Issues You Should Know About

In the past few years, women's sports have come a long way for girls to take part in almost all the same activities as boys. Now that this is a reality, there comes a need for the knowledge of dealing with injuries and health conditions. We are exploring this topic because of the fact that there are certain issues that are specific to women's sports medicine.

Sprained ankles are perhaps the most common sports related injury for both men and women alike. If you are active in any sport or exercise with potential for the foot to turn inward causing injury or damage to the ligaments in the ankle and/or foot you are likely to sustain a sprained ankle from this action. This frequently happens if you're running on an uneven surface, or, during team sports, when you trip or collide with another player. While the best option is to avoid such injuries as much as possible by warming up, wearing proper footwear and being careful, in the real world accidents do happen. Ignoring a sprain or playing through it could delay your recovery so be sure to see a doctor for this injury. Around their mid thirties, women will begin to lose muscle mass. At this time, your metabolism also starts to slow down. There are some unwanted side effects to this naturally occurring change. Your body no longer burns as many calories during the average day which means you need to decrease your caloric intake and increase your activity to keep from gaining weight. This is why exercise is so important for any women in this stage of life. If your goal is to outsmart declining metabolic rates this is a good way to do it and burn more fat efficiently. It's also necessary to pay close attention to the calories you are taking in and decrease your fattening foods and carbohydrates.

No matter what type of sports or exercise you're involved with, the type of footwear you choose can make a big difference when it comes to preventing injuries. Your shoes don't only protect and support your feet, but also your ankles, knees and lower back. Your whole body is affected by the impact of your shoes if you are a runner.

You must wear shoes meant for the activity in which you are participating and they must fit well for this reason. Today, you can find athletic shoes made for running, basketball, tennis, soccer, etc. It's important to replace shoes at regular intervals if you are active. The principles of women's sports medicine will help you stay active and reduce your risk of injuries and health problems. Exercise and sports are good for your body in many ways, but they can also cause stress and injuries, especially if you train hard and engage in repetitive motions. The guidelines we discussed can help you stay healthy in your physical activity.

Women know how to compete and train in many sports including modern [martial arts](#) and traditional [karate](#). Never underestimate their capabilities.

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