

General Strain

A strain is a twist, pull and/or tear of a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone.

- Acute strains are caused by a direct blow to the body, over-stretching, or excessive muscle contraction.
- Chronic strains are the result of overuse – prolonged, repetitive movement – of muscles and tendons.
- Several factors can predispose you to muscle strains. These include muscle tightness, muscle imbalance, poor conditioning, muscle fatigue and insufficient warm-up.
- Be sure to stretch and warm-up your muscles before performing any physical activity to avoid muscle strains.

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