



INJURY PREVENTION

-TENDONITIS-

1. Complete the sentence.

It is the of a , the fibres that attach the to the .

2. Link each prevention measure with its explanation.

Warming up

Avoid pain

Postural attitude

Maintain a correct body posture when performing the activity.

So that the joints are warmed up and ready for the exercise.

If an activity causes pain, stop doing it.

3. What to do if we have a tendonitis? Select the correct ones.

☐ Mobilization.

☐ Warming up.

☐ Ice.

☐ Attends the doctor.

☐ Press.

☐ Rest.

4. What are some of the best-known tendonitis?

☐ Hombro del nadador.

☐ Dedo del escritor.

☐ Codo de golfista.

☐ Dedo del *gamer*.

☐ Codo de tenista.

☐ Codo del estudiante.