

FITNESS FACTS

Tips On Avoiding Injury During Exercise

(NAPSA)—A growing number of Americans are taking up exercise as a means of offsetting the effects of aging, fighting obesity or to simply feel better. However, overdoing it can cause injuries that result in acute back pain, musculoskeletal spasm or muscle strain.

“Family physicians and general practitioners are seeing an increase in patients seeking treatment for exercise-related injuries,” explains Dr. Lee Ralph of San Diego Sports Medicine & Family Health Center, one of the largest primary care sports medicine groups in the country.

Before you step up your level of activity or begin any sort of workout regimen—whether it involves a weekend softball league, a pickup basketball game or simply walking to work instead of driving—it is recommended that you consult with your doctor. Your health care provider can suggest appropriate exercises for your age and condition and offer ways to avoid injuries or treat them should they occur.

Dr. Ralph suggests some common ways to protect yourself while exercising so you can continue your workouts and remain motivated:

- Make sure you have proper equipment for your chosen activity, including appropriate shoes and protective gear.
- Start slow. One of the biggest mistakes people make is trying to do too much too soon.
- Find a workout buddy. Even when performing “solitary” activities such as running or yoga, it can help to have someone to encourage you and make sure you pace yourself.



Amateur athletes should make visiting a doctor part of their pre-training regimen.

Fortunately, for those “weekend warriors” who end up overdoing it, doctors have many treatment options including SOMA® (carisoprodol) 250 mg tablets. SOMA® 250 mg is effective and well tolerated so patients can get back to their favorite activities following acute musculoskeletal injuries including (low) back pain.

“My patients tell me they want relief with a well-tolerated medication so they can return to normal function and their daily routine—including their exercise regimen—as soon as possible,” explains Dr. Ralph. “At San Diego Sports Medicine & Family Health Center, all physicians are board-certified family physicians and sports medicine fellowship-trained practitioners.”

To learn more, speak with your health care provider or visit www.sandigosportsmed.com. More information about SOMA® 250 mg, including full prescribing information, is available on the Web site www.soma250.com or in the United States by calling Meda Pharmaceuticals at 1-800-526-3840.

Note to Editors: Important Information for Consumers:

- SOMA® (carisoprodol) 250 mg is approved for the relief of discomfort associated with acute, painful musculoskeletal conditions such as backache. SOMA should be used for short periods (up to two to three weeks). It has not been shown to work when taken for longer periods.
 - Most common side effects of SOMA include drowsiness, dizziness and headache.
 - Since SOMA may cause drowsiness and/or dizziness in some patients, make sure you know how you respond to SOMA before engaging in potentially hazardous tasks, like driving an automobile or operating machinery.
 - While taking SOMA, avoid alcoholic beverages or other drugs that may make you drowsy or dizzy, such as antihistamines, tranquilizers and sedatives.
 - Make sure your doctor is aware of all the other drugs you may be taking, regardless of whether these are prescription or nonprescription.
 - Only your doctor can tell if SOMA is right for you. SOMA is available by prescription only.
- Please see full prescribing information.