



# 90% OF ALL SQUASH INJURIES ARE ACHILLES RELATED

## FOLLOW THESE SIMPLE STEPS TO MINIMISE THE RISK OF ACHILLES TENDON INJURY

- GET GOOD SPORT SHOES
- WARM UP!
- CALF STRETCH AGAINST WALL - 3 X 10 SECONDS
- MASSAGE IF STILL STIFF
- STRENGTHEN THE LEG MUSCLES, PARTICULARLY THE CALF MUSCLES

### YOUR LOCAL CLUB IS

Name: .....

Address: .....

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[WWW.SQUASH.ORG.AU](http://WWW.SQUASH.ORG.AU)

[WWW.DIRECT-SQUASH.COM.AU](http://WWW.DIRECT-SQUASH.COM.AU)

