

90%

OF ALL SQUASH INJURIES ARE PREVENTABLE

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

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