



PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

EXERCISE INDUCED ASTHMA

Exercise induced asthma is the narrowing of airways leading to decreased airflow, which leads to coughing, wheezing, shortness of breath and a tightness in the chest. Exercise induced asthma can occur in individuals with asthma or even in those who have never had an asthma attack.

FACTORS THAT CONTRIBUTE TO INJURY

- Type of exercise, environmental factors, pre-existing inflammation, and the intensity of exercise all contribute
- Running is worse than riding a bike, which is worse than swimming
- Cold air, polluted air, or pollens also are factors
- Mouth breathing can contribute to exercised induced asthma



SIGNS AND SYMPTOMS

- Wheezing, coughing, tightness in chest
- A feeling of “being out of shape”
- May develop within 5-10 minutes of activity and last as long as 30 minutes after activity

TREATMENT

- Avoid exercise in cold or polluted air
- Breathe through nose
- Wear a face mask when exercising in cold weather
- See a physician for possible prescription of an inhaler



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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