INTRODUCTION

- Common youth sports injuries
- Injury recognition
- Initial on the field management
- Safety and prevention
COMMON INJURIES

- Overuse injuries
- Fractures
- Sprains and strains
- Spine injuries
- Head injuries
OVERUSE INJURIES

- Tendonitis
- Growth plate injuries
- Overtraining
OVERUSE INJURIES

- Tendonitis
  - Patellar tendonitis
  - Achilles tendonitis
  - Hip tendonitis

- Growth plate injuries
  - Severs Disease
    - Heel pain
  - Osgood Schlatter Disease
    - Knee pain
  - Iliac apophysitis
    - Hip pain
OVERUSE INJURIES

- Treatment
  - Rest or activity modification
  - Ice
  - Physical therapy
OVERUSE INJURIES

- Considerations
  - Be aware of other sports being played concurrently
  - High school players training with club teams in season
  - High intensity training following tournaments
  - Attempting to “play through” injuries
FRACTURES

- Signs – deformity, bony tenderness, swelling
- Treatment – medical evaluation
- Common fractures – ankle, wrist, clavicle
SPRAINS AND STRAINS

- Injuries to ligaments, tendons, and muscle
- Most common sprains – ankle, knee
- Most common strains – hamstring, calf, quad
SPRAINS AND STRAINS

Considerations

- Sprains usually from twisting injuries
- Strains from overextending muscle, can be related to overuse
- Return to play depends on severity
SPINE INJURIES

- Rare
- Almost always an emergency
- Call EMS
HEAD INJURIES

- Concussions
- Lacerations
- Fractures
CONCUSSIONS

- Injury to the brain caused by acceleration or deceleration of the brain following significant impact to the head or other part of the body
- Most commonly from blow to head, but not necessarily
- Symptoms can be immediate or delayed
- Athlete may or may not lose consciousness
CONCUSSION

- **Symptoms**
  - Headache
  - Confusion
  - Feels like in a fog
  - Dazed
  - Delayed response to questions

- **Symptoms**
  - Nausea, vomiting
  - Ringing in ears
  - Amnesia of event
  - Dizziness
  - Slurred speech
  - Fatigue
CONCUSSION

- Delayed symptoms
  - Difficulty with concentration or memory
  - Irritability, mood changes
  - Sensitivity to light or sound
  - Sleep disturbances
CONCUSSION

- Causes
  - Head to ground
  - Head to head
  - Ball to head
  - Foot, hand, etc to head
CONCUSSION

- **Initial treatment**
  - Remove from competition
  - Seek immediate medical care if loss of consciousness or progressive worsening symptoms
  - Otherwise, should see qualified medical professional within a few days

- **Treatment**
  - If suspected to have a concussion, should not return to play until cleared by medical professional
  - This includes any fitness or even non contact activities
CONCUSSION

- Prevention
  - Controversial
  - Headgear
  - Limiting heading in younger ages
  - Enforcement of rules
  - Other rule changes
INJURY MANAGEMENT
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- On the field – extremity injuries
  - Calm the child down
  - Evaluate for severity – may be based on mechanism of injury
  - Stay calm and get kid to sideline

- On the field – head injury
  - Evaluate for level of consciousness
  - If loss of consciousness, must rule out spine injury before moving the kid
INJURY MANAGEMENT

- On the field – suspected spine injury
  - Usually neck / cervical spine
  - Stabilize spine by holding still
  - Do not move player
  - Call EMS or athletic trainer if available
INJURY STATISTICS

- 90% of student athletes report some sort of injury
- 54% of student athletes report they have played while injured
- 42% of players claim they have hidden or downplayed an injury in order to keep playing
- 53% of coaches claim they have felt pressure from a parent or player to put a student athlete back into a game after having been injured

SAFETY AND PREVENTION ADMINISTRATORS

- Coaching education
- Emergency Action Plan
- Periodically assess injury numbers and need for changes
SAFETY AND PREVENTION

COACHES

- Inspect field and goal conditions prior to play
- Coach clean play
- Be sensitive to other activities an athlete may be involved in to prevent overuse injuries
- Encourage athletes to speak up when injured
- Teach ways to prevent injuries – proper warm up, etc
CONCLUSIONS

- Not all injuries are preventable, but there are things we can do to try and minimize them.
- Most on the field injuries can be managed initially by a coach or administrator until proper medical care is available.
- Know your limitations as a coach or administrator and always keep player safety as first priority.
RESOURCES

- At Your Own Risk – A safer approach to work, life, and sport - atyourownrisk.org
- Safe Kids Worldwide – safekids.org
QUESTIONS

THANKS FOR WATCHING

ANY QUESTIONS