



Keeping Kids in the Game for Life

Sports Trauma and Overuse Prevention



**STOP
SPORTS
INJURIES**



The Problem

- 30 million children participate in organized sports
(Source: Safe Kids USA)
- Participation in high school athletics is increasing, with more than 7.3 million high school students participating annually
(Source: National Federation of State High School Associations)
- High school athletics account for more than 2 million injuries annually, including
 - 500,000 doctor visits
 - 30,000 hospitalizations*(Source: Centers for Disease Control)*



The Problem

- Young athletes are specializing in sports (and positions) at an earlier age, with more than 3.5 million children under the age of 14 treated annually for sports injuries.

(Source: Safe Kids USA)

- Immature bones, insufficient rest after injury, poor training and conditioning contribute to overuse injuries.
- Overuse injuries account for ***half*** of all sports injuries in middle school and high school.

(Source: Safe Kids USA)

The *Lasting* Problem

A child's history of injury is.....

1. A risk factor for future injury during both their youth and adulthood
2. A contributor to long term degenerative diseases, such as osteoarthritis.





The Lasting Problem – Part 2

70% of kids participating in sports drop out by the age of 13 because of

- Adults
- Coaches
- Parents

These children lose the benefits of exercise, teamwork and healthy competition!

What is Overuse?

Overuse is considered excessive and repeated use that results in injury to the bones, muscles or tendons involved in the action.

Why are Injuries on the rise?

- Immature bones
- Insufficient rest after an injury
- Poor training or conditioning
- Specialization in just one sport
- Year-round participation





What Can We Do to Prevent Overuse and Trauma Injuries?

Promote injury prevention on multiple levels, including:

- Learning about the STOP Sports Injuries campaign and visiting **www.STOPSportsInjuries.org** for resources
- Take the Pledge on the website to prevent injuries
- Holding ongoing discussions about the importance of rest with athletes
- Mandating pre-season physicals
- Enforcing warm-up and cool down routines
- Encouraging proper strength training routines



What Can We Do to Prevent Overuse and Trauma Injuries?

Additional tips:

- Drink enough water based on activity and temperature levels
- Educate athletes on proper nutrition for performance
- Supervise equipment maintenance
- Encourage kids to speak with an athletic trainer, coach or physician if they are having any pain.

Work with local athletic governing bodies to mandate pitch counts and limit number of matches or tournaments played.



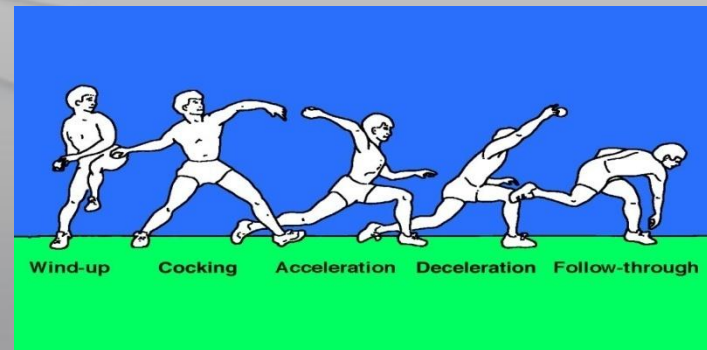
More Prevention Strategies

- Encourage participation for fun and limit emphasis on winning
- Discourage early specialization
- Treat symptoms of problems/injury EARLY



Proper Technique is Key

- Provide proper instruction on throwing mechanics
 - Discourage the teaching of curve balls until high school (puberty)
 - Ban the radar gun in youth sports
 - Mandate a 3 month “rest-period” each year for throwing athletes





Founding Collaborators of the STOP Sports Injuries Campaign

- American Orthopaedic Society for Sports Medicine
- National Athletic Trainers' Association
- American Medical Society for Sports Medicine
- American Academy of Orthopaedic Surgeons
- American Academy of Pediatrics
- Sports Physical Therapy Section
- Safe Kids USA

*More than 130 other organizations, institutions,
sporting leagues and teams have joined the campaign
since it launched in April 2010*



STOP Sports Injuries *Council of Champions*

James R. Andrews, MD
Co-Chair

Neal ElAttrache, MD
Co-Chair

Hank Aaron
Hall of Fame Baseball Player/Atlanta Braves

Marjorie Albohm
President, NATA

Bonnie Blair
Speed Skating Olympic Champion

Nicholas Bolletieri
World Champion Tennis Coach

Sam Bradford
2008 Heisman Trophy Winner

Dale Brown
Dale Brown Enterprises

John Callaghan, MD
President, AAOS

Chaplain Richard Camp, Jr.
Former Nationally Ranked Track & Field Athlete

Tom Condon
Football Agent

Delos Cosgrove, MD
CEO, Cleveland Clinic



STOP Sports Injuries Council of Champions *(Continued)*

Lars Engebretsen, MD, PhD

*Professor and Director,
Orthopaedic Center, Ullevaal University
Hospital*

Joe Gibbs

Founder, Golf Channel

Eric Heiden, MD

*Olympic Speed Skater and
Orthopaedic Surgeon*

Jay R. Hoffman

President, NSCA

Bo Jackson

Professional Multi-Sport Athlete

James Justice

Owner, Greenbriar Resort

Stephen Keener

President & CEO, Little League International

Ian Lawson

President, DePuy Mitek

Dennis Lewin

*Chairman, Board of Directors, Little League
Baseball International*

Howie Long

Former NFL Player, NFL Sportscaster, Fox Network

Teri McCambridge, MD

*Chairperson, AAP Council on Sports Medicine and
Fitness*



STOP Sports Injuries Council of Champions *(Continued)*

Renaldo Nehemiah

Former Track and Field Record Holder

Jack Nicklaus

Golden Bear Enterprises/Professional Golfer

Jerry Pate

Former, Professional Golfer

Rick Peterson

Milwaukee Brewers Pitching Coach

Christie Rampone

WNT U.S. Soccer

John Smoltz

MLB Pitcher

Bart Starr

Former Green Bay Packer Quarterback

Mitchell Stoller

President and CEO, SAFE Kids Worldwide

Jim Wilson

Chairman, Jim Wilson & Assoc.

Corporate Supporters

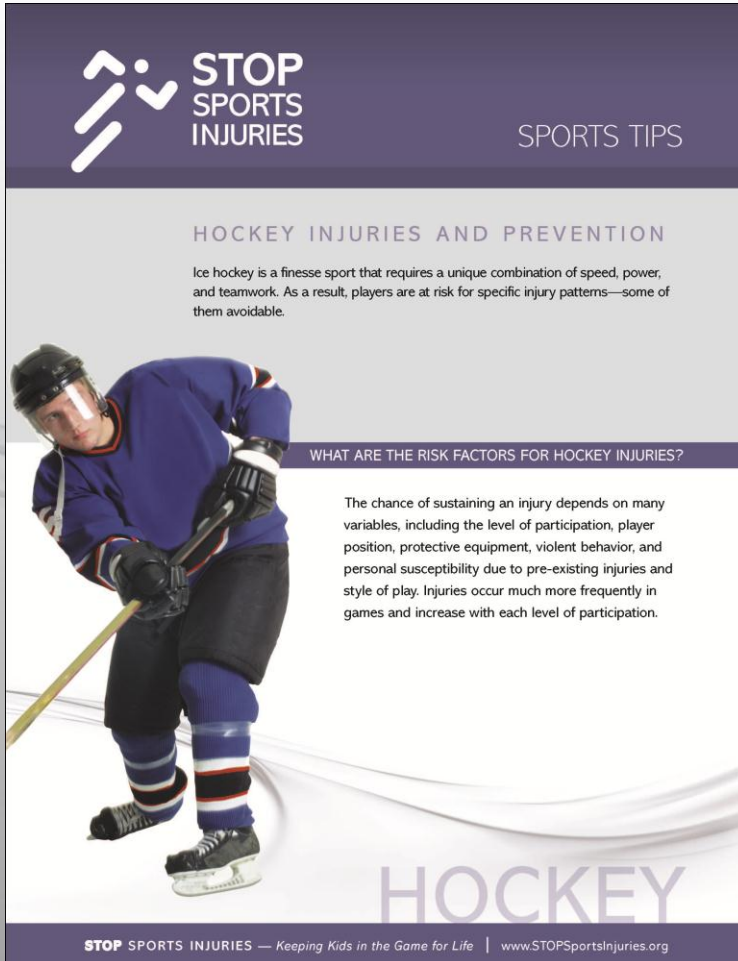
- Arthrex – Champion Level Supporter
- DePuy Mitek Inc. – Champion Level Supporter
- Smith & Nephew – All Star Level Supporter



Campaign focuses on 20 Sports

- Baseball
- Swimming
- Football
- Basketball
- Cheerleading
- Tennis
- Dancing
- Gymnastics
- Soccer
- Running
- Volleyball
- Softball
- Skiing/Snowboarding
- Figure Skating
- Hockey
- Martial Arts
- Rowing
- Wrestling
- Lacrosse
- Golf





STOP
SPORTS
INJURIES

SPORTS TIPS

HOCKEY INJURIES AND PREVENTION

Ice hockey is a finesse sport that requires a unique combination of speed, power, and teamwork. As a result, players are at risk for specific injury patterns—some of them avoidable.

WHAT ARE THE RISK FACTORS FOR HOCKEY INJURIES?

The chance of sustaining an injury depends on many variables, including the level of participation, player position, protective equipment, violent behavior, and personal susceptibility due to pre-existing injuries and style of play. Injuries occur much more frequently in games and increase with each level of participation.

HOCKEY

STOP SPORTS INJURIES — *Keeping Kids in the Game for Life* | www.STOPSportsInjuries.org

- Sports tips
 - Sport specific information
- Video podcasts
- Specific educational tip sheets focused on various audiences
 - Parents
 - Athletes
 - Coaches
 - Healthcare providers

Comprehensive Web site Features

- Educational resources
- Media center
- Downloadable applications
- Online survey
- Quizzes
- Blogging
- Public Service Announcements
- Social media interaction through Facebook and Twitter



The screenshot displays the STOP Sports Injuries website interface. At the top, the logo and tagline "Keeping Kids in the Game for Life" are visible. A navigation menu includes links for Home, Sports Injury Prevention, Resources, Media, About, Find a Specialist, Support Us, Events, Store, and Blog. A search bar and social media links for Facebook and Twitter are also present. The main content area features a large banner for "STOP Sports Injuries" with a description of the campaign's goal to prevent youth sports injuries. Below this, there are sections for "STOP Sports Injuries' News" (highlighting a study on youth athletes) and "Sport Specific Resources" (providing tip sheets for skiing, figure skating, and hockey). A "Take the Pledge!" section is also visible. On the right side, there are buttons for "Donate Now" and "Join Our Team", along with social media integration for Facebook and Twitter.

What Does the Future Hold?

- Better prevention of injury
- New surgical techniques are being evaluated to treat injuries – less invasive
- Ongoing research to understand the injury risk and how to prevent
- Continued rise in injury rates unless education is increased

- www.STOPSportsInjuries.org
- www.orthoinfo.org
- www.nata.org
- www.sportsmed.org
- www.SAFEKids.org



Let's Work Together to **STOP Sports Injuries**
And Keep Kids in the Game for Life!

www.STOPSportsInjuries.org