

Injury Prevention Program

There is an epidemic of overuse injuries in young adults. The reasons include: increased duration and intensity of the sports season, starting out at earlier ages in sports, and participating year-round in sports. There is a misunderstanding that this age group can practice and play for unlimited amount of time and intensity. During the growth cycles, bones and soft tissue have mechanical properties that make them more susceptible to overuse injuries. Even traumatic injuries can be linked to the gradual breakdown of the structures involved. These stretching exercises address typical injuries seen in growing athletes, and if performed on a regular basis, can prevent numerous overuse injuries.



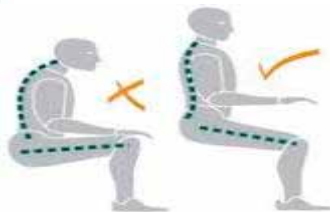
1. Injuries: hip flexor, quad, hip/knee bursitis, tendonitis, ITB. On your side, pull leg backwards with a towel, use other leg to assist. In standing position, cross legs, lean to the opposite side.

2. Shoulder injuries: impingement, rotator cuff, tendonitis, bursitis. Lean into corner and perform each of the 3 arm positions



3. Mid and low back posture and stretch:

With hands at waist, push hips forward and lean back. Arch mid and lower back. Also, pull shoulders back. Good posture is important for protecting the back.



Poor sitting posture vs proper seated position



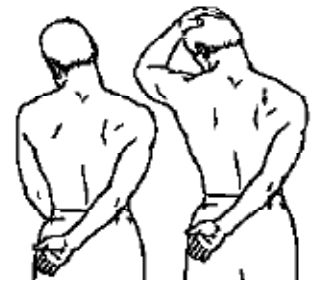
4. Elbow / Wrist: injuries- tennis/golfers elbow, Little League elbow, wrist strain:



With elbow straight, pull wrist up, then down.

5. Neck and upper back stretch

With one hand behind the back, use the other hand to gently pull the head down to produce a comfortable stretch



6. Achilles, gastroc, tibilis post stretch. Bend knee, lean forward, keep knee over toes and the heel down. To treat and prevent: achilles tendonitis, plantar fasciitis, ankle sprains, gastroc/soleus strains, shin splints



Parents and Coaches: parents and coaches should be cautious when a young athlete has pain and should not encourage the individual to play through pain. Instead, proper recovery periods and rehab / conditioning will actually enhance the performance of the athlete, and prevent long term consequences.

Prevention

1. Proper conditioning and rest periods through the year
2. Gradual increase in the intensity of training
3. Participating at the level consistent with their abilities



Angola Physical Therapy

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