



Sport Smarts:

The basics of sports injury prevention for kids

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Everybody's Doing it

30-45 million kids ages 6-18⁴



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Aches and Pains

4 million injuries annually



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Objectives



Identify 3 sports at risk for overuse injuries



Identify 3 common mechanical breakdowns



Identify 3 exercise principles to prevent injuries

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What Happened?

Overuse



Traumatic



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"Overuse"



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Is it really

Overuse?



<http://www.thosefunnypictures.com/resize.php?file=pictures/8034/funny-people-pic-Overload.jpg>

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Or, is it

Under-rest?



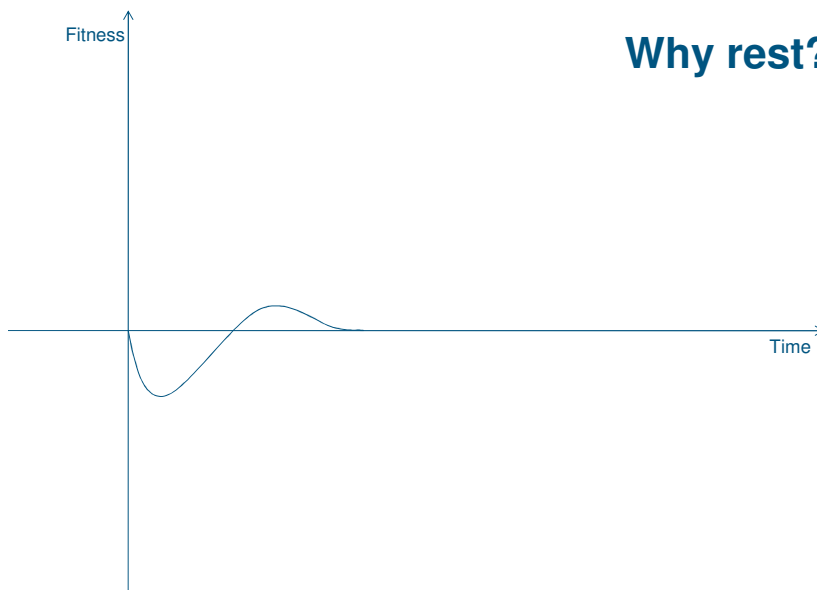
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Why rest?

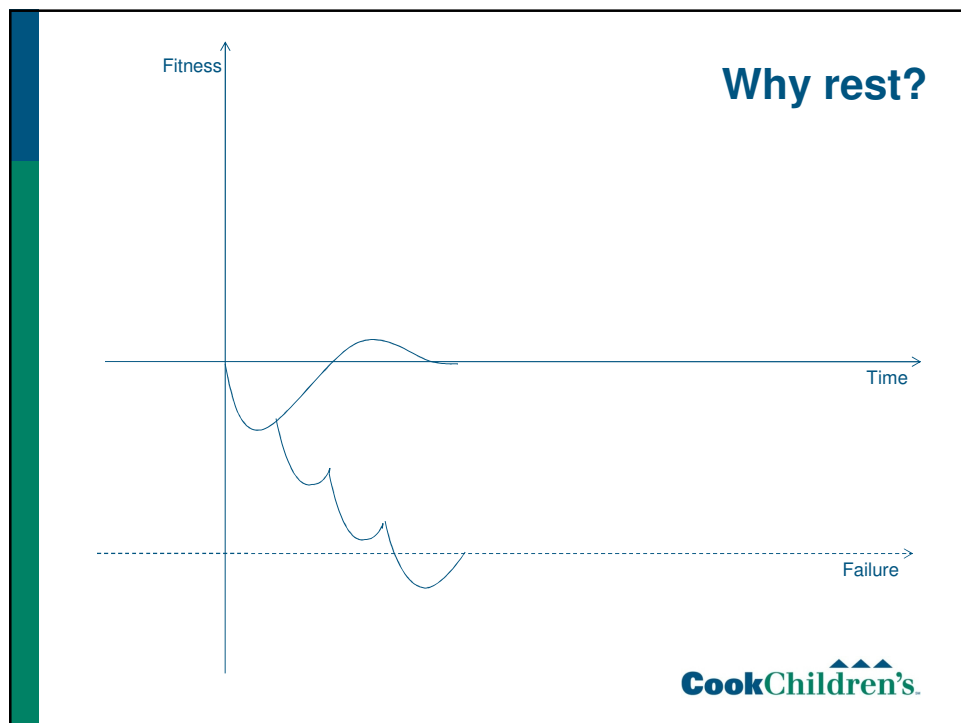
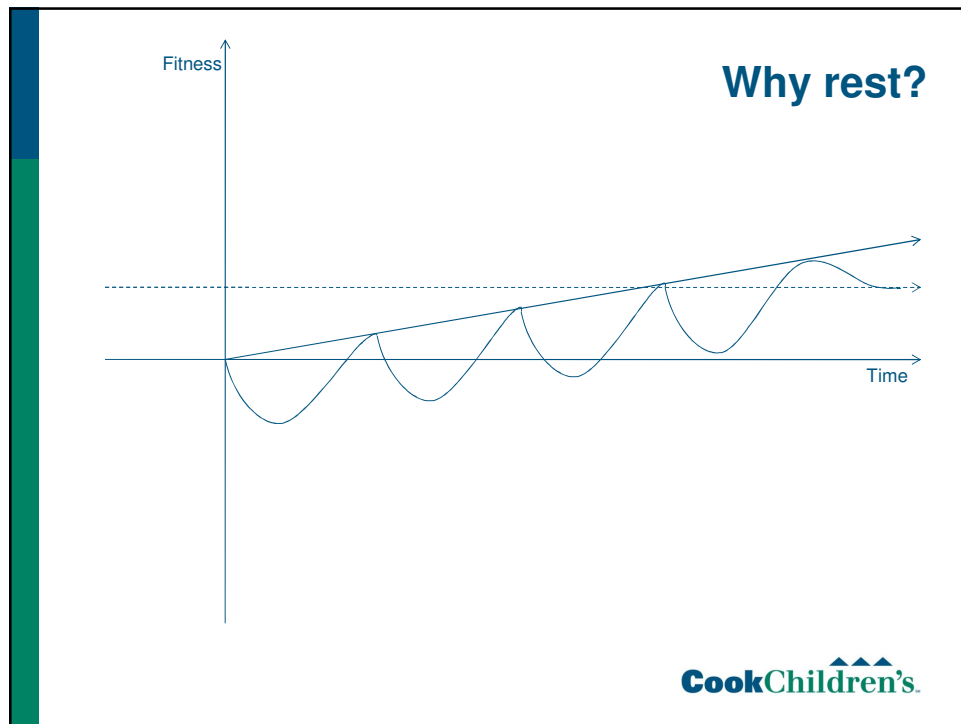


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Why rest?



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Traumatic



Contact



Non-contact

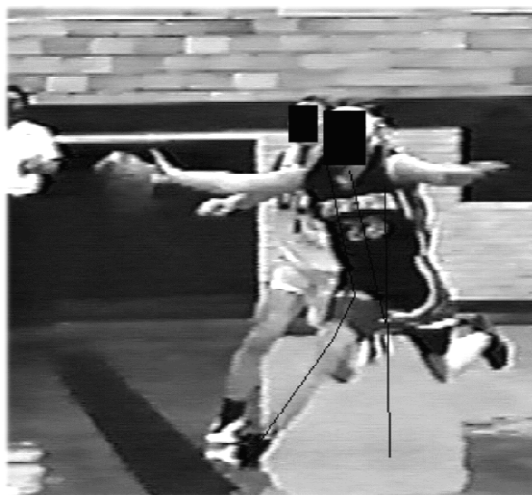
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Contact - injuries



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Non-contact



<http://bjsm.bmj.com/content/43/6/417/F1.large.jpg>

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Stop the Madness!



So, how can we prevent injuries in young athletes?

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Prevention



Neuromuscular Warm-up

<http://www.aakp.org/press/press-releases/2008/Mourning-pictures/>

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Prevention

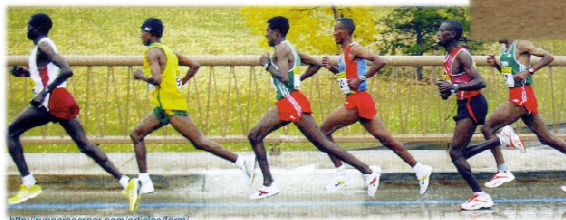
Mechanics



<http://www.crossfitcraic.com/wp-content/uploads/2011/07/Screen-shot-2011-07-26-at-4-47-14-PM.png>



<http://zachdechant.wordpress.com/tag/baseball/>



<http://runnerscorner.com/articles/form/>

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Prevention

Mechanics



<http://www.cbc.ca/news/story/2008/07/30/olympics-cont-gymnastics-vvault.html>



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Prevention

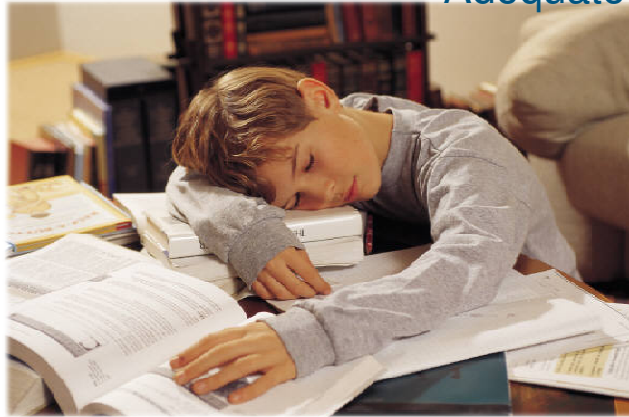
Core strength



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Prevention

Adequate rest



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Prevention

Proper Conditioning

Delay Specialization

Proper Nutrition

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Let's talk mechanics



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Mechanics

Pitching



Maximal ER

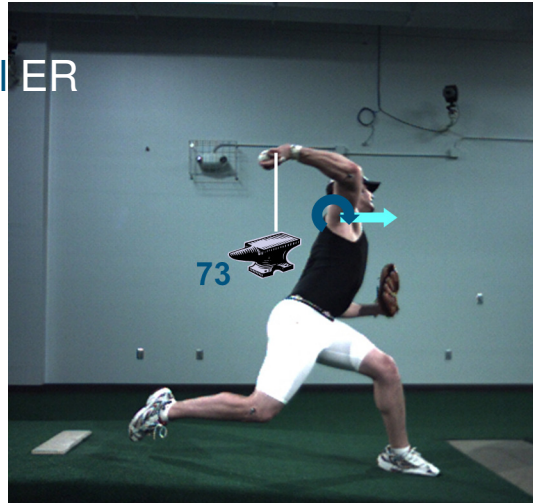


Ball release

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Mechanics

Maximal ER



ASMI 27th Annual Injuries in Baseball Course

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Mechanics



Ball release

ASMI 27th Annual Injuries in Baseball Course

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Mechanics

Jump Landing



Valgus (or bad)



Good

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Mechanics

Jump landing



VS



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Training



Exercise principles

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Training



Specificity

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Training

Warm-up

<http://traceyrossonline.com/body/skipping-exercise-fun/attachment/skipping-group>



<http://thewinningconnection.wordpress.com/2010/06/10/the-core-to-your-strength-part-3/>



<http://enellsportsbras.blogspot.com/2011/12/jumping-jacks.html>



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Training

Core



http://www.menshealth.com/powertraining/cms/publish/rotational-core-exercises/Medicine_Ball_1-2-3_Throw.php

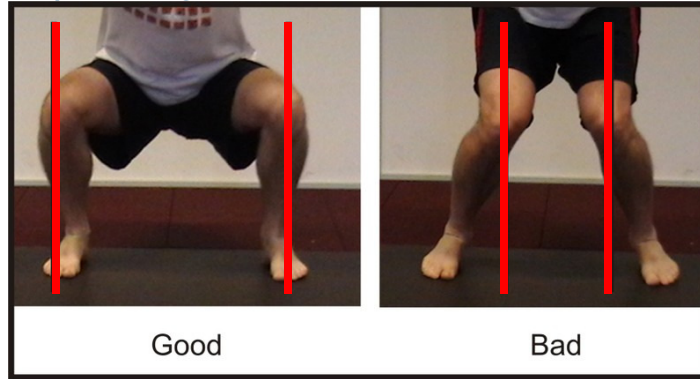


<http://www.coreperformance.com/knowledge/movements/medicine-ball-perpendicular-throw-kneeling.html>

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Training

Squat alignment

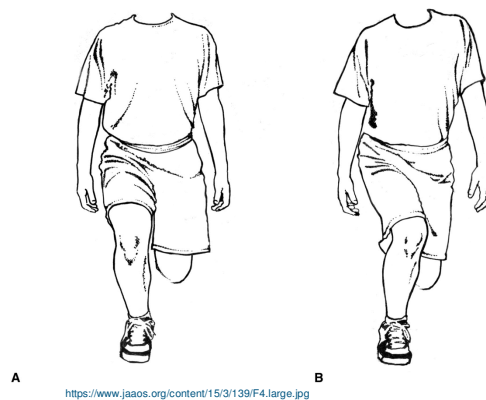


<http://michaelreid.typepad.com/michaelreid/2007/10/index.html>

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Training

Squat alignment



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Training

Throwers



http://www.crossfit.com/mt-archive2/2004_09.html



<http://www.lifedathletics.com/bent-over-row/>



<http://nononsensemusclebuildingbuy.com/is-the-bench-press-calculator-part-of-the-fountain-of-youth/>

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Training

Don't overdo it



<http://www.agentknowhow.com/2011/08/12/strategies-and-solutions-to-avoid-social-media-overload/>

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Resources and Health Education

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- ▶ Express Registration

General SPORTS Injury Prevention

- ▶ General SPORTS Injury Prevention
- ▶ Specific SPORTS Injury Prevention
- ▶ Rehabilitation Information

General SPORTS Injury Prevention:

Top 10 Questions Parents Have About Sport Injuries
How can sport injuries be prevented? What can I do for my child who is in pain?

Injury Prevention Guide
How can injuries be prevented? The following are recommendations for lowering the risk of

When can a building make kids better?

References

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References

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