

Injuries in Adolescent Athletes

- Sports are the leading cause of injury in adolescents accounting for >30% of injuries in this population.
- Injuries can lead to decreased sport participation, obesity, and arthritis later in life.
- Injuries can have profound psychosocial consequences for young athletes.
- More than 25% of individuals with injury to a specific knee ligament called the anterior cruciate ligament (ACL) do not return to previous activity levels even after successful surgery and rehab.
- Within 7 years after ACL injury 65% of individuals no longer play soccer.

Field Hockey Specific

- In the NCAA from 2004-2009:
 - More than 10,000 injuries
 - Highest overall injury rate during preseason
 - Muscle strains, contusions, sprains, fractures, and concussions are the most common types of injuries
 - 13.1% of injuries resulted in 21+ days of time lost from play
 - 6.2% of injuries result in surgery

What you can do

1. Warm-up
 - Listen to your coaches and don't fool around.
2. Stretch
 - Stretching after 5-10 minutes of warm-up has the greatest impact on decreasing injury.
 - Both static and dynamic stretching have been shown to be beneficial.
 - In a static stretch, hold for 30 seconds, switch sides, and repeat.
3. Listen to your body
 - Use pain as your guide.
 - When you're supposed to rest actually rest to avoid overuse injuries and burnout.
4. If you do get injured keep your head up
 - Many athletes struggle coming back from injuries.
 - Lean on your support systems.

REFERENCES

- <http://www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/stretching/sls-20076840>
- https://www.ncaa.org/sites/default/files/NCAA_FieldHockey_Injuries_HiRes.pdf
- WHO, Global Health Risks: mortality and burden of disease attributable to selected major risks, 2009.
- Emery, C.A., Roy, T.O., Whittaker, J.L, Nettel-Aquirre, A., van Mechelen, W., Neuromuscular training injury prevention strategies in youth sport: a systematic review and meta-analysis, 2015, Br J Sports Med.
- Joreitz, R., Lynch, A., Rabuck, S., Lynch, B., Davin, S., Irrgang, J. Patient-Specific and Surgery-Specific Factors That Affect Return to Sport after Acl Reconstruction, 2016, Int J Sports Phys Ther.
- Pickett, W., Molcho, M., Simpson, K., Janssen, I., Kuntsche, E., Mazur, J., Harel, Y., Boyce, W. F., 2005, Cross national study of injury and social determinants in adolescents, Inj Prev.