

TIP OF THE MONTH

Safely Getting Back into School Sports



It's back to school and many of the Fall sports programs have already begun. An injury to a school aged athlete and the pressure to play can lead to decisions that may lead to additional injury with long-term effects. Sports injuries can cause problems that require surgery as an adult, and may lead to arthritis later in life. When a sports injury occurs, it is important to

quickly seek proper treatment. To ensure the best possible recovery, athletes, coaches, trainers and parents need to follow safe guidelines for returning to the game. Teenage athletes are injured at about the same rate as professional athletes, but because high school athletes are often still growing, they are more susceptible to muscle, tendon, and growth plate injuries. Injuries among young athletes typically fall into two basic categories: overuse injuries and acute injuries. Both types include injuries to the soft tissues (muscles and ligaments) and bones.

ACUTE INJURIES:

Acute injuries are caused by a sudden trauma. Examples of trauma include collisions with obstacles on the field or between players. Common acute injuries among young athletes include contusions (bruises), sprains (a partial or complete tear of a ligament), strains (a partial or complete tear of a muscle or tendon), and fractures.

Concussions, are acute injuries that are harder to identify. Concussions are described as a blow to the head or body that results in the brain moving rapidly back and forth inside the skull. If you think a child is exhibiting **signs of a concussion**, immediately contact a medical professional (physician, EMT, athletic trainer). As athletes experience concussions, playing sports and attending classes may agitate or worsen symptoms. When this happens, going through a return-to-learn protocol can help students recover safely.

OVERUSE INJURIES:

Not all injuries are caused by a single, sudden twist, fall, or collision. **Overuse injuries** occur gradually over time when an athletic activity is repeated so often and parts of the body do not have enough time to heal between playing. Overuse injuries can affect muscles, ligaments, tendons, bones, and growth plates. For example, overhand pitching in baseball can be associated with injuries to the elbow. Swimming is often associated with injuries to the shoulder.

Gymnastics and cheerleading are two common activities associated with injuries to the wrist and elbow. Stress fractures are another common overuse injury in young athletes. Bone is in a constant state of turnover—a process called remodeling. New bone develops and replaces older bone. If an athlete's activity is too great, the breakdown of older bone occurs rapidly, and the body cannot make new bone fast enough to replace it. As a result, the bone is weakened and stress fractures can occur—most often in the shinbone and bones of the feet.

INJURY PREVENTION:

Many school sports injuries can be prevented through proper conditioning, training, and appropriate use of equipment. Injuries often occur when athletes suddenly increase the duration, intensity, or frequency of their activity. Young athletes who are out of shape at the start of the season should gradually increase activity levels and slowly build back up to a higher fitness level. If you have a student athlete that has experienced an injury or pain, or if you are looking for a conditioning program that can help reduce the likelihood of an injury, call us. We can get them back in their sport as quickly and safely as possible.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Mornings are for coffee and contemplation.”

— Hopper from *Stranger Things*

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Slow Cooker Pot Roast

This recipe from tasteofhome.com is a winner. A friend of ours tried this with her family and both her husband and kids gave this an official stamp of approval. Add the vegetables of your choice or serve the meat alone. Both ways are delicious.

**INGREDIENTS**

- Cut veggies of your choice (carrots, potatoes, etc)
- 1 boneless beef chuck roasts (2-1/2 pounds)
- Half of an envelope of ranch salad dressing mix
- Half of an envelope of Italian salad dressing mix
- 1 envelope brown gravy mix
- 3/4 cup water

DIRECTIONS

1. Place the veggies if any, on the bottom of slow cooker
2. Put the roast on top of that
3. Mix the seasoning packets together into a bowl of ¾ cup of water and pour over the top of the roast
4. Cook on low for 8 hours (Do NOT cook your roast on high – it will not be as tender)



BACK PACK SAFETY 101



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