

## Sports Injuries (concussion and brain injury)

Common spring injuries include ankle sprains, groin pulls, hamstring strains, shin splints, knee injuries, and Little League elbow or tennis elbow. Injuries usually occur due to lack of conditioning the muscles and joints, and many of these injuries are preventable.



Concussion can cause a variety of symptoms. These may appear right away or may be delayed for several days after the injury. Some symptoms are physical, such as drowsiness. Others are cognitive, like memory loss. In many cases, people with concussions are more emotional than usual.

The most common symptoms of concussion include:

- Drowsiness
- Headache
- Loss of consciousness
- Memory loss
- Irritability
- Confusion
- Balance problems, dizziness
- Sensitivity to light (photophobia)
- Difficulty speaking and communicating
- Difficulty maintaining mental focus
- Depression
- Nausea and vomiting
- Changes in sleep patterns



**7** out of **10** emergency department visits for sports and recreation related TBIs and concussions are among children ages 17 and under.

For this age group, boys have about **twice** the rate of emergency department visits for sports or recreation related TBIs and concussions than girls.

However, girls have a higher chance for sports related concussion than boys in sports that use the same rules, like soccer and basketball.



# Sport Injury Statistics- Resulting in Emergency

## Department visits:

Sports that cause the most injuries and end up as emergency department visits: (More than 775,000 children visit the Emergency Department each year with different sport injuries)

- Football 215,000
- Basketball 170,00
- Baseball/Softball 110,000
- Soccer- 88,000
- Skateboarding 66,000
- Trampolines 65,000
- Bicycling 200,000

## Contusion

A contusion (bruise) is an injury to the soft tissue often caused by a blunt force, such as a kick, fall, or blow. The immediate result will be pain, swelling, and discoloration.

## Sprain

A sprain is a wrenching or twisting injury or tear to a ligament. Sprains often affect the ankles, knees, or wrists.

## Strain

A strain is an injury to a muscle or tendon, and is often caused by overuse, force, or excessive stretching.



## Tips to Prevent Kids' Spring Sports Injuries

**Wellness checkup:** Having a medical evaluation in advance of the start of a season can help identify possible health concerns that have the potential to lead to injury.

Ask your child's coach to gradually increase their playing time during practice and to avoid pushing them full throttle. It is important that your child's feet and ankles become accustomed to the level of activity required for the sport they are entering.

If an injury occurs, remember RICE. Often, an injured foot or ankle can be healed with **rest, ice, compression and elevation (RICE)**. If your child complains of foot or ankle pain, s/he should take a break from playing and allow time for recovery. Consult a medical professional for a complete evaluation.

To prevent overuse injuries in young athletes:

- Reserve one to two days per week for rest from competitive sports and training.
- Take breaks away from a specific sport during the course of a year.
- Emphasize that sports participation should be focused on fun, skill-building, safety and sportsmanship.

