

A few hints and tips on avoiding injury

What are some common injuries in young athletes?

Injuries that present in young athletes can be categorised into two main groups; *acute injuries* and *overuse injuries*.

Acute injuries are ones caused by sudden trauma, such as running without a warm-up, or even something as simple as slipping on the wet ground. Common acute injuries among young athletes include bruises, sprains (a partial or complete tear of a ligament), strains (a partial and complete tear of a muscle or tendon) and fractures. However, not all injuries are caused by a *single*, sudden twist, fall or collision. Overuse injuries are the result of repetitive use, stress and trauma to areas of the body (muscles, tendons, bones and joints) without appropriate time for healing. An overuse injury develops slowly and the symptoms can often be quite subtle and mild. Because of this, they are often ignored or even overlooked, resulting in chronic, debilitating injury if left untreated. Examples of such injuries include: Shin splints, Stress Fractures, Patello-femoral knee pain, Osgood Schlatters Disease (knee pain), Sever's Disease (heel pain) and other injuries commonly associated with growth spurts.

What are some things I can do to prevent such injuries?

One of the most important things you can do as an athlete to prevent injury is a good warm-up and cool-down. An estimated 50% of all sports injuries are preventable, therefore, by participating in something as simple as a well constructed warm-up, you can decrease your chances of injury dramatically.



A good warm-up should include:

- 5-10mins jogging - to increase body temperature
- 10-15mins of dynamic stretching exercises
- 10-15mins of general and event specific drills - preparation for the session/competition
- 4-8 easy run outs (75-80%) over 30-60m - focussing on correct running technique (tall, relaxed, smooth and drive)

A good cool-down should include:

- 5-10mins of jogging/walking - to decrease body temperature and remove waste products from the working muscles
- 5-10mins of static stretching – hold for approx 10sec

Don't Forget:

- Every foot shape is different, so what might be the right shoe for your friend, may not necessarily be the correct one for you. Make sure you get your shoes fitted correctly at places such as 'Active Feet'.
- When you injure a joint or muscle, the first priority is to decrease swelling and associated pain. To do this follow the RICE Method

R Rest from any aggravating activity
I Ice for the first 72hrs after injury (unless there is no swelling eg back/neck)
C Compress the injured area with either a bandage or compression sock
E Elevate the injured area to help aid in the decrease of swelling

- Never ignore soreness, one weeks rest may save you 6 months of injury! If you ever have any soreness, make sure you mention it to your coach and seek advice

CSSM is a proud supporter of Camberwell Malvern Little Athletics

We have a group of dedicated staff with an interest and experience in sports injuries.

Our services include:

- Physiotherapy
- Osteopathy
- Myotherapy
- Remedial/ Sports Massage
- Acupuncture



Clinic Information – Open Hours

Monday- Thursday: 8am to 8pm

Friday: 8am to 7.30pm

Saturday: 8am to 4pm

Sunday: 9am to 5pm

Discount Fees for Athletes

(please mention the club when you make a booking)

For Physiotherapy:

- Initial consultation - \$67.00
- Standard consultation - \$55.00

For both Osteopathy and Acupuncture:

- Initial consultation - \$67.00
- Standard consultation - \$55.00

For Myotherapy/Massage:

- Initial consultation - \$61.00
- 45 minute consultation - \$49.00
- 30 minute consultation - \$39.00

If you have private health insurance we can claim your rebate immediately and you only pay the difference.

