

Back to School – Back to Sports Injuries

devices

According to the U.S. Centers for Disease Control (CDC), 30 million children and adolescents participate in youth sports in the United States. Almost 12% of those under age 14 will receive medical treatment for sports injuries.



HealthGrove Research broke down the injury data for 13-17-year-olds by sport, gender, body part and diagnosis. Football and Soccer ranked in the top five but Basketball took the number one injury-producing spot. In order of average injuries per year, after Basketball, Football and Soccer came Baseball and Gymnastics/Cheerleading/Dance, filling out the top five.

While teenage athletes are injured at about the same rate as professional athletes, the types of injuries are different. This is largely because teenagers' bones are still growing. The bones grow before the muscles and tendons and may pull at them. This makes the younger athletes more susceptible to muscle and tendon injuries.¹

Another susceptibility issue that can occur in high school sports is the concentration some athletes may put into one sport, driving themselves by the pressure to achieve. This is known as

"specializing". They practice and play their sport all year-round, putting stress on a concentrated group of muscles, ligaments and bones. This also increases the chance of injury.

Looking at specific types of injuries, a study of knee injuries among high school students found that football had the highest knee injury rate followed by girls' soccer and girls' gymnastics. Girls had significantly higher knee injury rates than boys in gender-comparable sports (soccer, volleyball, basketball, baseball/softball, lacrosse, swimming and diving, and track and field).²

When the injured knee is unstable, a knee brace is often recommended by the physician to stabilize the knee joint, allowing the young athlete to return to the sport or to avoid further injury while healing.



Ossur CTi knee brace

Orthotists at Sunshine P&O are trained to customize the brace to allow the wearer to have optimal function. We have several styles of knee braces.

Ossur CTi is a lightweight carbon framed brace which provides a rigid exoskeleton to stabilize the knee joint and has breathable liners of silicone to keep the positioning. There are several models available, depending on the impact level required.

The **DonJoy Defiance** is another knee brace designed to keep the athlete performing and protected from injury without being weighed down by a heavy unit. It comes with color options; pictured here is the blue leopard model. This lightweight brace fits comfortable under clothing, including sports uniforms.



DonJoy Defiance knee brace

At Sunshine Prosthetics and Orthotics, we can evaluate the bracing needs based on activity/impact levels, leg measurements, personal comfort and preferences.

If a knee brace or a brace for another joint injury is needed, you can call Sunshine Prosthetics and Orthotics for an appointment: **973-696-8100**. We're located at 1700 Route 23 North, Suite 180, Wayne, NJ 07470.

1. American Academy of Orthopaedic Surgeons – "High School Sports Injuries"

2. US National Library of Medicine National Institutes of Health- "Epidemiology of Knee Injuries among US High School Athletes, 2005/06–2010/11"



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