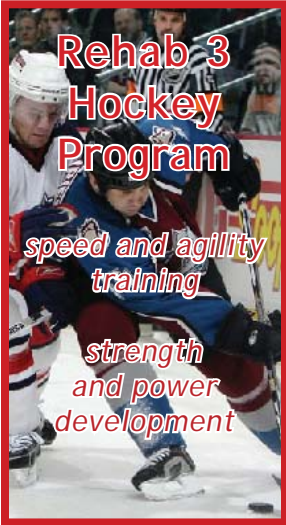




Rehab 3

Center for Athletes



Rehab 3 Hockey Program

speed and agility
training

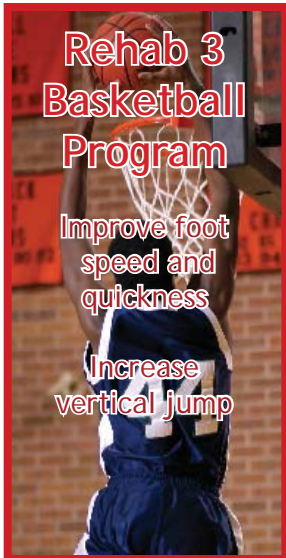
strength
and power
development

**Rehab 3
Center for Athletes**

*Team training for
all sports*

*Discounts available
for groups of
10 or more*

Call for pricing



Rehab 3 Basketball Program

Improve foot
speed and
quickness

Increase
vertical jump

Injuries in Youth Sports

The occurrence of injuries in youth sports has become an increasingly popular topic in recent years. Overuse injuries in our young athletes seem to be especially prevalent. The increase in youth sports leagues and the number of games played per year as well as children specializing in sports at an earlier age are certainly all factors.

There are at least three essential components to dealing with this problem. The first is having the injury diagnosed by an orthopedic physician who is experienced in dealing with youth sports-related injuries. The second factor is rehabilitation by a qualified sports physical therapist. The third is a strength and conditioning program that includes movement specific training, corrective exercises, and flexibility training to reduce the risk of injury.

The following is an excerpt from an article published by the American Academy of Orthopaedic Surgeons (AAOS):

Each year, more than 3.5 million sports-related injuries in children under age 15 are treated in hospitals, doctors' offices, clinics, ambulatory surgery centers, and hospital emergency rooms in the United States, according to the National Electronic Injury Surveillance System of the United States Consumer Product Safety Commission.

The Number of sports-related injuries involving children ages 5 through 14 years includes:

Basketball: 574,000	Hockey: 80,700
Football: 448,200	Gymnastics: 75,000
Baseball: 252,665	Volleyball: 50,100
Soccer: 227,100	

Young athletes are not merely small adults. Their bones, muscles, tendons, and ligaments are still growing. This makes them more susceptible to injury. Growth plates are the areas of developing cartilage where bone growth occurs in children. The growth plates are weaker than the nearby ligament and tendons. What is often a bruise or sprain in an adult can be a potentially serious growth plate injury in a young athlete.

Types of injury

Injuries among young athletes fall into two basic categories: overuse injuries and acute injuries. Both types include injuries to the soft tissues (muscle and ligaments) and bones. Acute injuries are caused by a sudden trauma. Common acute injuries among young athletes

include contusions, sprains, strains, and fractures. Not all injuries are caused by a single sudden twist, fall, or collision. A series of small injuries to an immature body can cause minor fractures, minimal muscle tears, or progressive bone deformities known as overuse injuries.

Whether an injury is acute or due to overuse, a child who develops a symptom that persists or that affects his or her athletic performance should be examined by an orthopaedic surgeon. A child should never be allowed or expected to "work" through the pain.

Proper Training

Young athletes need proper training for sports. They should be encouraged to train for the sport rather than expecting the sport itself to get them into shape. Many injuries can be prevented if youths follow a regular conditioning program with incorporated exercises designed specifically for their chosen sport.

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Seacoast Center for Athletes

*Your premier sports
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- Official UNH team physicians
- Sports Physical and Occupational Therapy
- Comprehensive Athletic Training

Athlete of the Month: Jay Myers Runner Durham, NH



Jay is a 38 year old avid runner and cyclist who sustained an Achilles tendon rupture last year. Following surgery he rehabilitated at Rehab 3 and has trained in the Center for Athletes for the last nine months. In September he participated in New Hampshire's grueling 200 mile relay race, Reach the Beach Challenge. As part of a 6 person ultra team, he successfully completed 7 running legs totaling over 38 miles to help his team finish in under 30 hours.

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