

Keeping Your Children From Injuries In Sports

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Kids are getting ready to go back to school and starting all their extracurricular activities including sports. It's up to parents to protect them from injury with the correct equipment and acknowledging pain when the child complains of it.

There are two types of injuries, acute injuries and overuse injuries. Acute injuries include bumps, bruises, sprains and fractures. Minor bumps, bruises and mild sprains usually heal quickly not requiring medical attention. Any injury that is swollen, discolored, or causes persistent pain should be evaluated by a physician to check for sprains, fractures, or ligament tears.

The other type of injuries are classified as overuse injuries. These type have come about now that kids are in organized athletic competition. Because of pressure by parents, coaches, and teammates, children may conceal an injury and keep playing to avoid disappointment. Overuse injuries are especially dangerous to children because their bodies are still growing and over training can damage growth plates.

The growth plates are weaker than nearby ligaments and tendons and are more susceptible to injury. If injuries to the growth plate areas are not diagnosed they can lead to long term pain, arthritis and abnormal bone growth.

Prevention of these injuries for children starts with the training. Children should train at a lesser frequency and intensity than adults due to their young bodies still developing. Children should also try many sports instead of concentrating on just one which causes most overuse injuries.

It is important to talk with your children and listen to their complaints of any sort of pain. If the injury causes the child a lot of pain or seems to be persistent then the injury should be checked out by a medical professional.