Sports Injury & Mental Health Awareness Webinar

SafeStrongSport Organization

Safe Strong Sport

OUR BODY IS REMARKABLE, ADAPTABLE

Us

Mental

- Unyielding

Physical

- Discipline

Competition

- Opportunity

Sports

- Passion

Striving for athletic success; **Without harming an athlete's health, Mentally and Physically**

PHYSICAL

ACUTE INJURY

Sudden Trauma

ACL Tears, Ankle Sprains, Fractures etc.

Deliberating

May Require Surgery/Physical Therapy

Symptoms

Immediate Pain, Swelling & Loss of Function

Immediate Action

Rest, Ice, Compress, Elevate

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OVERUSE INJURY

Cumulative

Repetitive Stress on Muscles & Joints

Silent but Deadly

Often take months to heal with chance to reoccur

Symptoms

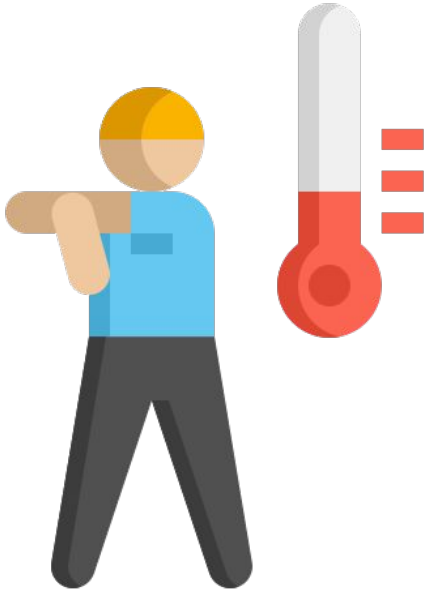
Minor Discomfort in Joints (Wrists, Elbow, Ankle) -> Pain/Swelling

Proactive

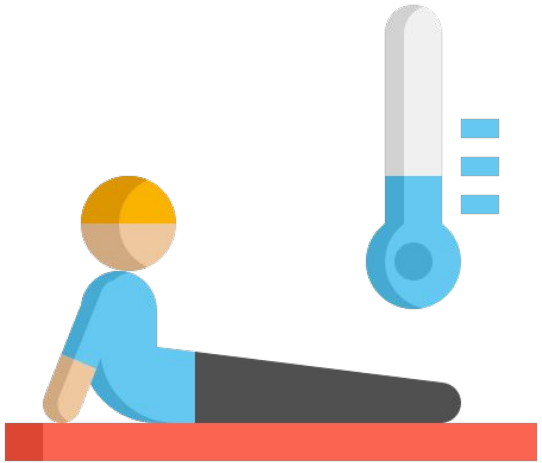
Good Communication with Coaches & Parents

Warm-up

- Increases blood flow
- Prevents Injury & promotes muscle connection
- Warm-up Exercises:
  - Side shuffles
  - High knees
  - Forward/Side lungs



Cool-down



- 5-10 min after a hit
- Removes lactic acid from muscles
- Reduces Soreness
- Cool-down exercises:
  - Butterfly
  - Touch your toes
  - Child's Pose

TENNIS

FORM MATTERS

- Lower chance of Injury
- Sustainability
- Improved Performance

COMMON MISTAKES

- Arming the Ball
- Incomplete Follow Through
- Poor Footwork

DEVELOPING GOOD FORM

- Listening to Coaches
- Discipline
- Prioritize Big Muscles

Tennis Injuries

- To prevent injuries, we first need to identify the "usual suspects."
  - **Upper Body:** Lateral Epicondylitis (Tennis Elbow), Rotator Cuff Tendonitis, and Wrist Strains.
  - **Lower Body:** Ankle Sprains, Patellar Tendonitis (Jumper's Knee), and Calf Strains (Tennis Leg).
  - **Core/Back:** Stress fractures and lower back muscle spasms due to the rotational nature of the serve.

“Big three” causes

- Most tennis injuries can be traced back to three main factors:
- **Poor Technique:** Inefficient kinetic linking (e.g., using only the arm for a serve rather than the legs and core).
- **Overtraining:** Not allowing enough time for tissue repair between matches or practice sessions.
- **Inappropriate Equipment:** Playing with a racket that is too heavy, strings that are too tight, or shoes with worn-out lateral support.

Dynamic Warm Up

- Static stretching before a match can actually decrease power.

  Instead, use a Dynamic Warm-Up for 10–15 minutes:

  - Leg Swings: Front-to-back and side-to-side.
  - Arm Circles: Gradually increasing in size.
  - Carioca/Grapevine: To prime the hips for lateral movement.
  - Shadow Swings: Mimicking strokes without a ball to sync the kinetic chain.

Strength Training

- Strengthening the Kinetic Chain
  - Prevention happens in the gym, not just on the court.
  - The Core: A strong core acts as a stabilizer for the spine during high-torque rotations. Rotator Cuff: Use resistance bands for internal and external rotations to stabilize the shoulder.
  - Posterior Chain: Strong glutes and hamstrings take the pressure off the knees and lower back.
  - Grip Strength: Improving forearm strength can significantly reduce the risk of Tennis Elbow.

Equipment Check

- **Shoes:** Tennis-specific shoes are non-negotiable. Running shoes lack the lateral stability needed for side-to-side lunges.
- **Racket Tension:** Lower string tension absorbs more shock, which is easier on the elbow.
- **Grip Size:** A grip that is too small or too large causes the player to squeeze too hard, leading to forearm fatigue.

Recovery

- Cool Down: 5–10 minutes of static stretching and foam rolling after play.
- Hydration/Nutrition: Dehydrated muscles are more prone to cramping and tears.
- The 10% Rule: Never increase your playing time or intensity by more than 10% per week.
- Listen to the Body: Pain is a signal, not a challenge to be "played through."

NUTRITION

CARBOHYDRATES

Break down into glucose, the body's main fuel source

PROTEINS

Build hormones and enzymes and repairs muscles and bones, main contributor to growth

FATS

Give the body energy through calories and help it absorb vitamin A, D, and E

FIBERS

Carbohydrates that cannot be digested; improves digestive system and lowers blood cholesterol

NUTRITION

FATS	20%
CARBS	50%
PROTEINS	30%

This is a rough estimate of general intake, and percentages can vary depending on circumstance.

MATCH PREPARATION

MID-MATCH

- Quick nutritional snacks (ex. bananas, energy bars)
- Gels and sports drinks
- Replenish electrolytes

PRE-MATCH

- Begin matches with full energy
- Pre-match meal 3-4 hours before
- Extra snacks should be high in carbs

RECOMMENDED PRODUCTS

THORLOS TENNIS SOCKS

Cushioned socks specifically designed for tennis; helps prevent blisters/abrasions on the feet

LIQUID IV

One of the best hydration powders; used by many competitive players.

GU ENERGY GEL

Quick energy boost in a small bag of gel; contains: caffeine


"In spite of everything, I still believe that people are really good at heart."
—Anne Frank
Safe Strong Sport

MENTAL

WIN

It lies

LOSS

on a thought

RECREATIONAL

- Participation & Inclusivity
- Few Competitive Opportunities
- Less Pressure to Improve

COMPETITIVE

- Build Discipline & Responsibility
- Lead to burnout/Injury
- Pressure to Perform to a Standard

[Chinese Skateboarder Zheng Haohao]

[U.S. gymnast Hezly Rivera]

[U.S. Track Quincy Wilson]

"ELITE"

"The context in which a young person trains and competes, rather than their performance."

(Mountjoy, 2008)

1

performance outcomes > psychosocial development, enjoyment, participation

2

involvement in sports > psychosocial and educational experiences, non-sports relationships

3

explicit/implicit goal of progression to elite, collegiate, or professional sports

CONTRIBUTING FACTORS

- “free” time spent travelling/practicing
- schoolwork and other extracurriculars
- unnecessary pressure/expectations

DEFINING BURNOUT

- Emotional and Physical exhaustion
- Reduced Level of Accomplishments
- Sport Devaluation

Table 2 Representative Sample Items

Variable	Sample item
Emotional/physical exhaustion	I feel emotionally drained from my swim team participation
Reduced athletic accomplishment	I am not peforming up to my ability in swimming
Sport devaluation	I don't care as much about my swim performance as I used to
Swim commitment	Do you want to keep participating on a swim team?
Benefits	How rewarding is swim team participation?
Costs	To what extent have you experienced costs associated with swimming?
Enjoyment	How fun is swim team participation for you?
Personal investments	How much effort have you put into swimming?
Alternative attractiveness	Compared to swim team participation, there are other things I could do which would be more enjoyable
Social constraints	The people most important to me would be disappointed with me if I were to quit swim team participation
Swim identity	Swimming is the only thing important in my life
Perceived control	I have a say in what I do when participating in swimming

ADVERSE EFFECTS

PHYSICAL

Chronic fatigue, strength and stamina loss, and increased probability of injuries.

AFFECTIVE

Low mood, lack of enthusiasm, and even hostility to the training environment

COGNITIVE

Difficulty concentrating, decreased school performance, and poor sports performance.

THE ONLY **TREATMENT** TO BURNOUT IS **REST**

"RESULTS > EFFORT"

- EXCEEDINGLY high expectations
- OVEREMPHASIS on results
- INAPPROPRIATE pressure to perform

PARENTS, YOU ARE YOUR CHILD'S BIGGEST SUPPORT!

AFTER A LOSS...

- vulnerability
- empathy > logic
- active listening
- feedback with sensitivity

Influence of peers

Social support

- Psychological well-being
- Enjoyment to sport
- Self-worth

Harmful experiences

- Bullying
- Isolation
- Cyberbullying

Universal Injury Prevention Checklist

- **Checklist for Athletes:**
  - Do I warm up and cool down every session?
  - Am I using proper technique?
  - Do I get enough rest?
  - Is my nutrition supporting my activity?
  - Am I wearing the right protective gear?
  - Do I communicate pain or discomfort to my coach/parent?

General Principles of Injury Prevention (All Sports)

- **Warm-up & Cool-down:** Essential for all athletes to prepare muscles and prevent strains.
- **Proper Technique:** Reduces risk of both acute and overuse injuries.
- **Rest & Recovery:** Prevents burnout and chronic injuries.
- **Nutrition & Hydration:** Fuels performance and aids recovery.
- **Protective Equipment:** Helmets, pads, mouthguards, etc.
- **Communication:** Athletes, coaches, and parents should discuss pain or discomfort.

THANK YOU

Q&A