# *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

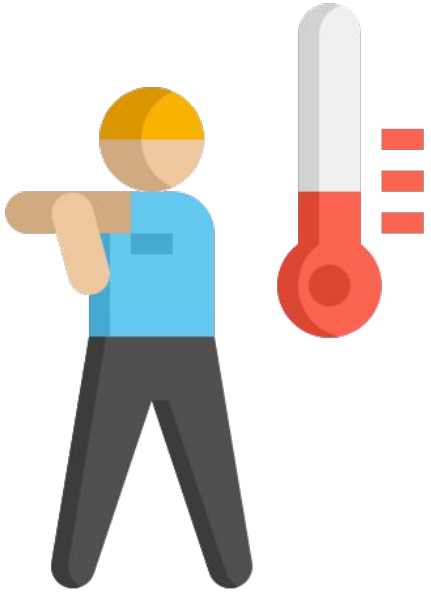
Minor Discomfort in Joints (Wrists, Elbow, Ankle) -> Pain/Swelling

## Proactive

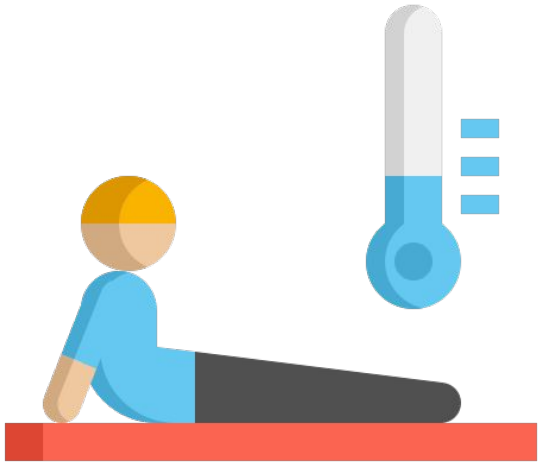
Good Communication with Coaches & Parents

# 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 the sport
- 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

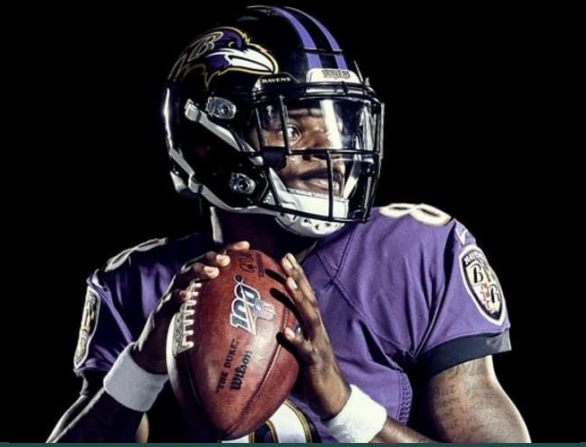
## DEVELOPING GOOD FORM

- Listening to Coaches
- Discipline
- Prioritize Big Muscles

BASEBALL

## Baseball Injury Prevention

- **Common Injuries:** Shoulder/elbow (pitchers), sprains, concussions.
- **Prevention Tips:**
  - Limit pitch counts for youth.
  - Emphasize proper throwing mechanics.
  - Use protective gear (helmets, face guards).
  - Stretching and strengthening exercises for arms and shoulders.



FOOTBALL

## Football Injury Prevention

- **Common Injuries:** Concussions, knee injuries (ACL/MCL), ankle sprains.
- **Prevention Tips:**
  - Use proper tackling techniques.
  - Wear appropriate protective equipment.
  - Strengthen core and lower body.
  - Follow concussion protocols.

SWIMMING

## Swimming Injury Prevention

- **Common Injuries:** Shoulder impingement, knee pain (breaststroke), muscle strains.
- **Prevention Tips:**
  - Focus on stroke technique.
  - Dryland strength training.
  - Adequate warm-up and cool-down.
  - Listen to body for signs of overuse.

GOLF

## Golf Injury Prevention

- **Common Injuries:** Lower back pain, wrist and elbow strain, shoulder overuse, hip injuries
- **Prevention Tips:**
  - Build core strength and flexibility to support rotational movement.
  - Emphasize proper swing mechanics and posture.
  - Strengthen shoulders, forearms, and grip muscles.
  - Maintain hip and thoracic spine mobility.

# For Golf

Golf is often perceived as a "low-impact" sport, but the golf swing is one of the most complex, high-velocity movements in athletics. It requires massive rotational force (torque) and places unique stress on one side of the body.

- The "One-Sided" Sport: Golfers repeat the same asymmetric movement hundreds of times per week. Primary Injury Zones:
  - Lower Back (The #1 Site): Due to the high-velocity rotation and "crunch" factor at impact.
  - The Lead Elbow: "Golfer's Elbow" (Medial Epicondylitis) on the inside; "Tennis Elbow" on the outside.
  - The Lead Lead Wrist: High impact forces if "hitting the big ball before the little ball" (hitting it fat).
  - The Lead Hip: Takes the brunt of the rotation and weight transfer.

# The "X-Factor" vs. Safety

Poor technique is the #1 cause of rowing injuries.

- The Danger of Over-Rotation: Attempting to keep the hips still while rotating the shoulders (the X-Factor) creates massive shear force on the lumbar discs.
- The Solution: Allow the lead heel to lift slightly or the hips to rotate more freely to distribute the load.
- The Finish: Ensure you "get through the ball" to a tall, vertical finish. Ending in a "reverse C" position (leaning back) crushes the lower spine.

# The Mobility/Stability Model

To prevent injury, certain joints must be mobile, while others must be stable:

- Mobile Ankles: Allow for proper weight shift.
- Stable Knees: Prevent lateral swaying.
- Mobile Hips: The engine of the swing. If hips are tight, the lower back will try to do the rotating (and it isn't built for that).
- Mobile Thoracic Spine (Upper Back): Essential for a full backswing without straining the shoulders.

# The "Parking Lot" Warm-Up

Most golfers walk straight from the car to the first tee. This is a recipe for a pulled muscle.

- Dynamic Movements (5 Minutes):
  - Leg Swings: To wake up the glutes and hips.
  - Cat-Cow (Standing): To mobilize the spine.
  - "Windmills": Rotating the torso while hinged at the hips.
- The Range Progression: Start with wedges (half swings), move to mid-irons, and only hit the driver once the body is warm.

# Strength & Conditioning (Pre-hab)

- Forearm Conditioning: Strengthening the grip and wrist extensors to absorb the shock of hitting the turf.
- Core Anti-Rotation: Training the body to *resist* twisting is just as important as the twist itself.
  - *Exercise:* Pallof presses and planks.
- Glute Strength: The glutes protect the lower back and provide power. Strong glutes = a faster, safer swing.
  - *Exercise:* Bridges and lateral band walks.

# Equipment & Course Habits

- Club Length/Lie Angle: If your clubs are too short, you are forced into a deeper "hunch," increasing spinal load.
- The Bag: If carrying, use a dual-strap (backpack style) bag. If using a push-cart, push it rather than pulling it behind you to avoid shoulder strain.
- The "Fat" Shot: Be wary of hitting off mats at the range; they are less forgiving than grass and cause more wrist/elbow vibration injuries.

# Recovery & Warning Signs

- Pain vs. Soreness: Muscle soreness is fine; sharp, localized pain or ”tingling” down the leg is a red flag.
- Sleep & Nutrition: The body repairs micro-tears during deep sleep.
- The 24-Hour Rule: If a pain persists for more than 24 hours after a session, see a physio or trainer immediately.

# 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.


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