



*Sports Injury &  
Mental Health  
Awareness  
Webinar*

SafeStrongSport Organization

Safe Strong Sport



OUR  
BODY  
IS  
REMARKABLE,  
ADAPTABLE





# Mental

- Unyielding



# Physical

- Discipline

**Us**



# Competition

- Opportunity

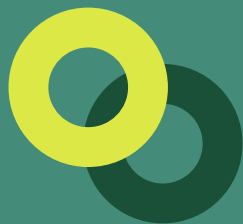


# Sports

- 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



Immediate Pain,  
Swelling &  
Loss of Function

## Symptoms

Rest, Ice, Compress,  
Elevate

## Immediate Action

# OVERUSE INJURY

## Cumulative

Repetitive Stress on  
Muscles & Joints

## Silent but Deadly

Often take months to  
heal with chance to  
reoccur



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

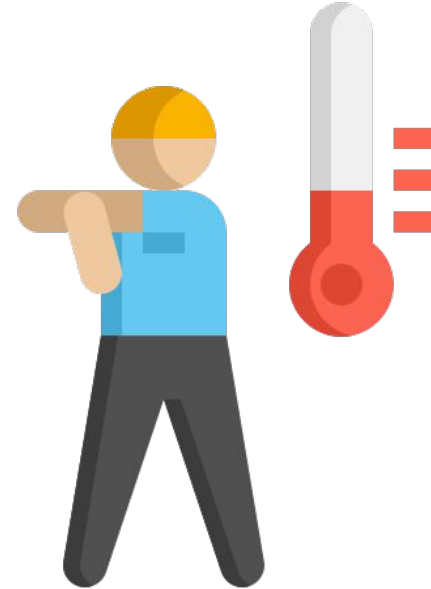
## Symptoms

Good Communication  
with Coaches & Parents

## Proactive

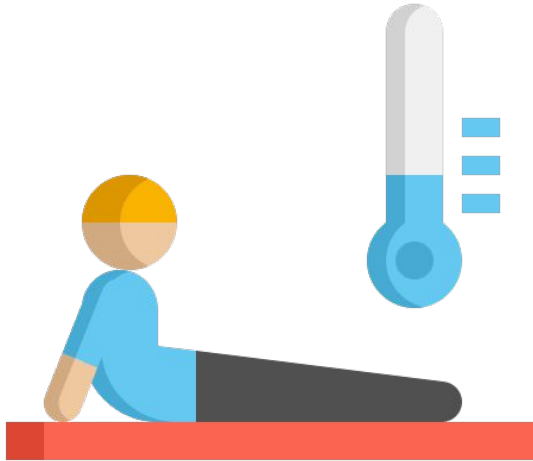
# Warm-up

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





# 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



## FORM MATTERS

- Lower chance of Injury
- Sustainability
- Improved Performance

## COMMON MISTAKES

- High Clipping (The "Panic Clip")
- Rope Behind the Leg
- "Chicken-Winging" (Shoulder Fatigue)
- Over-Gripping (The "Death Grip")
- Improper Falling Technique

## DEVELOPING GOOD FORM

- Listening to Coaches
- Discipline
- Prioritize Big Muscles

# The "High Wall" Injury Profile

- ❖ While bouldering is about "power," sport climbing is about "resilience."
  - **Climber's Elbow:** Medial epicondylitis (pain on the inside) from over-gripping during long routes.
  - **Belayer's Neck:** Cervical strain from looking up at a partner for extended periods.
  - **Shoulder Impingement:** Pain from repetitive reaching and "high-stepping" moves.
  - **Rope Burns/Abrasions:** Skin damage from improper limb positioning during a lead fall.
  - **Pulley Strains:** Still common, but often caused by fatigue-driven "form breakdown" late in a climb.

# Elbow: Managing the "Death Grip"

- ❖ Long routes often lead to "pumping out," which causes climbers to overgrip in a panic.
  - **The "Death Grip" Trap:** Squeezing the holds harder than necessary restricts blood flow and inflames tendons.
  - **The Fix:** Practice "Active Relaxation." Use the minimum force required to stay on the wall.
  - **Wrist Alignment:** Keep the wrist in a neutral position when possible. Extreme flexion or extension under load increases elbow strain.

# Shoulder Safety on the Lead

- ❖ Sport climbing involves many "one-arm" reaches to clip the rope into quickdraws.
  - **The Clipping Danger:** Reaching far above your head to clip while "locked off" puts the shoulder in a vulnerable, unstable position.
  - **The Fix:** "Clip at the waist." Clipping between your chest and waist keeps your shoulder in its strongest anatomical position.
  - **Engaged Shoulders:** Avoid "sagging" on your skeleton during rests. Keep your shoulder blades pulled slightly down and back to protect the rotator cuff.

# The "Lead Fall" & Rope Management

- ❖ Falls are part of the game, but "bad" falls are preventable.
  - **"Leg Behind the Rope":** The most common mistake. If the rope is behind your leg when you fall, you will be flipped upside down.
  - **The Result:** Head injuries or "rope burn" behind the knee.
  - **The Fix:** Always be aware of your rope path. It should be between you and the wall, or clearly to the side of your legs.

# The "Antagonist" & Mobility Routine

Balance the pulling of climbing with functional pushing:

- **Reverse Wrist Curls:** Strengthening the extensors to balance the massive strength of the flexors.
- **Rice Bucket Extensions:** Opening the fingers against resistance.
- **Thoracic Spine Mobility:** Using a foam roller to open the chest and reverse the "Climber's Slouch."
- **Finger Glides:** Light movement to keep the tendons sliding smoothly through the pulleys.



# 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

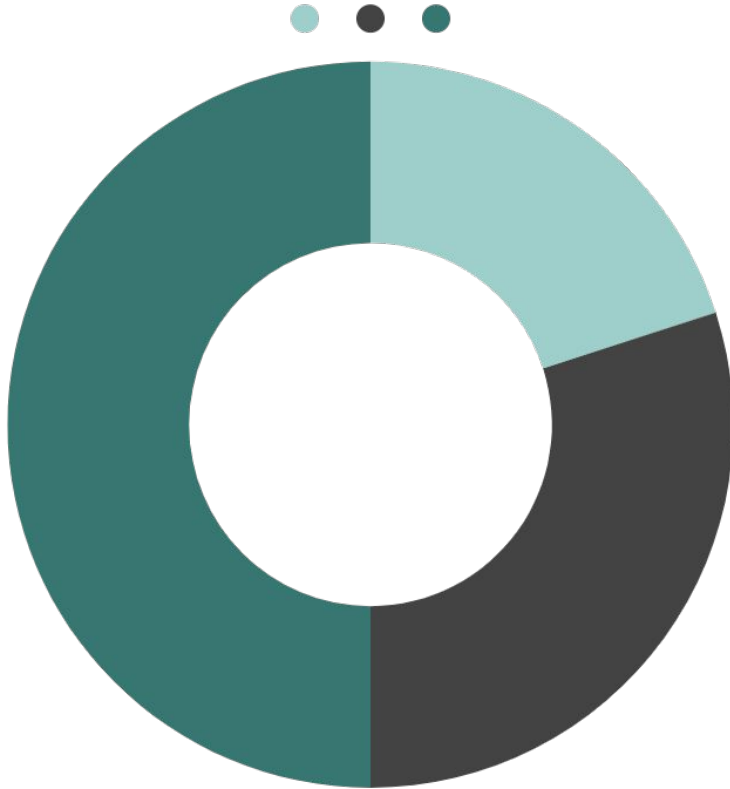


## FIBERS

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



# NUTRITION



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

A nighttime photograph of a city street, likely in New York City, featuring a large, multi-story building on the left and a row of palm trees on the right. The street is illuminated by streetlights, and a few cars are visible in the distance. A semi-transparent dark green rectangular box is overlaid on the lower left portion of the image, containing a quote and a name.

“In spite of everything, I still believe that people are really good at heart.”

—Anne Frank

# MENTAL

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# WIN

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It lies

# LOSS

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on a thought

# RECREATIONAL

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

# COMPETITIVE

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- 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 performing 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