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

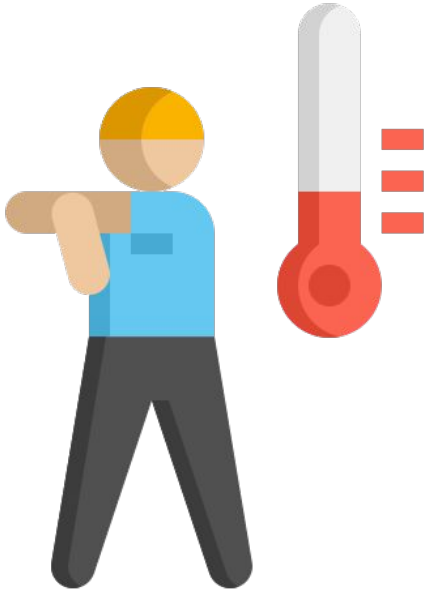
Minor Discomfort in Joints (Wrists, Elbow, Ankle) -> Pain/Swelling

Proactive

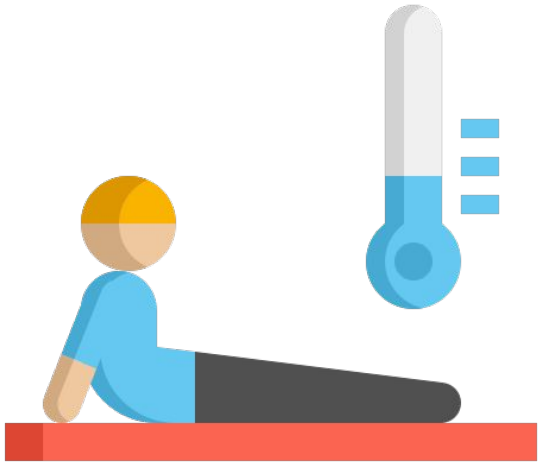
Good Communication with Coaches & Parents

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

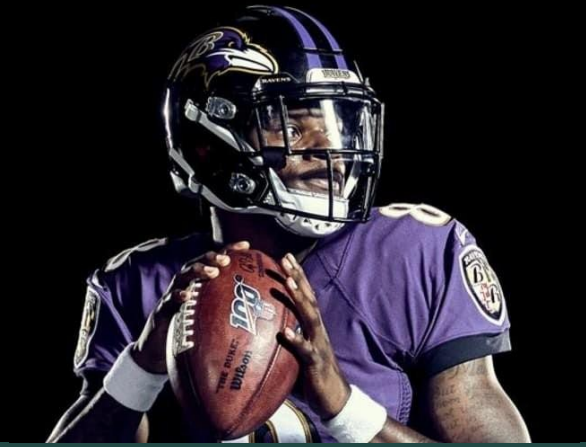
DEVELOPING GOOD FORM

- 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.

TABLE TENNIS

Table Tennis Injury Prevention

- **Common Injuries:** wrist and elbow strain, shoulder overuse (Rotator Cuff Tendonitis), lower back and knee injuries
- **Prevention Tips:**
  - Strengthen the Back: Focus on "pull" exercises (rows, face pulls) to balance the forward-pulling chest muscles used in strokes.
  - Avoid "death-gripping" the paddle. Use forearm strengthening (wrist curls) to better handle the vibration and force.
  - Build a strong core to stabilize the spine. Stretch your hip flexors, as tightness here pulls on the lower back during rotation.

For Table Tennis

Table tennis is a sport of "micro-movements." While it lacks the heavy collisions of other sports, the sheer volume of repetitive, high-velocity rotations and sudden lateral stops creates a specific profile of overuse injuries.

- Asymmetric Loading: One arm and one side of the torso do 90% of the high-intensity work.
- Explosive Lateral Force: Constant "shuffling" puts immense pressure on the ankles and knees.
- Repetitive Torque: The "loop" stroke requires the body to coil and uncoil hundreds of times per match.
- Reaction Speed: Movements happen in fractions of a second, often before the brain can "protect" a joint.

The "Big Three" Injury Zones

Poor technique is the #1 cause of table tennis injuries.

- The Shoulder (Rotator Cuff): Overuse from high-velocity forehand loops and smashes.
- The Lower Back: Caused by the constant "crouched" forward-leaning stance and rapid twisting.
- The Knee/Ankle: Resulting from sudden lateral changes in direction and "planting" the foot to drive power.

Master the Stance (Back Protection)

The Problem: Standing too "upright" forces the lower back to arch and twist awkwardly.

- Wide Base: Feet wider than shoulder-width for stability.
- Active Hinge: Bend from the hips, not the waist.
- Engaged Core: Think of your "abs" as a corset that stabilizes your spine during the twist.

Stroke Mechanics & Joint Safety

- The "Kinetic Chain": Power should start in the legs, move through the hips, and finish in the arm.
- Avoid "Wristing" the Ball: Trying to generate all your spin from the wrist leads to Tenosynovitis. Use the forearm and weight transfer instead.
- Follow-Through: Do not "snap" your elbow to a hard stop. Allow the arm to decelerate naturally to protect the tendons.

The Table Tennis Warm-Up

- Never start with a 100% speed smash.
- Pulse Raiser: 2 minutes of light jogging or "shadow" footwork.
- Dynamic Rotations: Arm circles, torso twists, and "gate openers" for the hips.
- Shadow Play: Mimic your forehand and backhand strokes at 50% speed without a ball to "grease" the neurological grooves.

Gear & Environment

- The "Blade" (Paddle): Ensure the weight of your blade is balanced. A "head-heavy" setup increases the centrifugal force on your wrist during loops, which can lead to De Quervain's Tenosynovitis.
- Grip Size: If the handle is too thin, you will over-squeeze (the "death grip"), leading to forearm fatigue and Golfer's Elbow. Use grip tape to customize the thickness.
- Footwear: Crucial. Avoid running shoes with high "stack heights" (thick foam). Table tennis requires low-to-the-ground court shoes to prevent ankle rolls during lateral lunges.
- Playing Surface: Professional "Taraflex" mats provide grip and shock absorption. If playing on wood or tile, prioritize shoes with excellent "gum rubber" outsoles to prevent slipping.

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