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

Safe Strong Sport

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

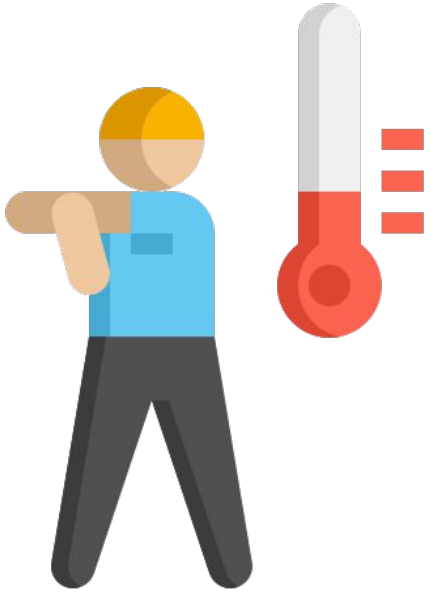
Symptoms

Good Communication with Coaches & Parents

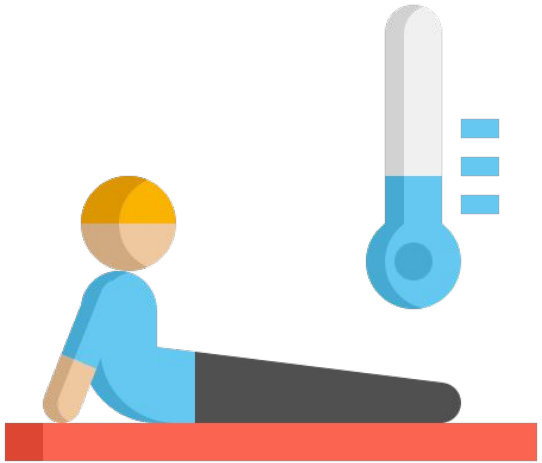
Proactive

Warm-up

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

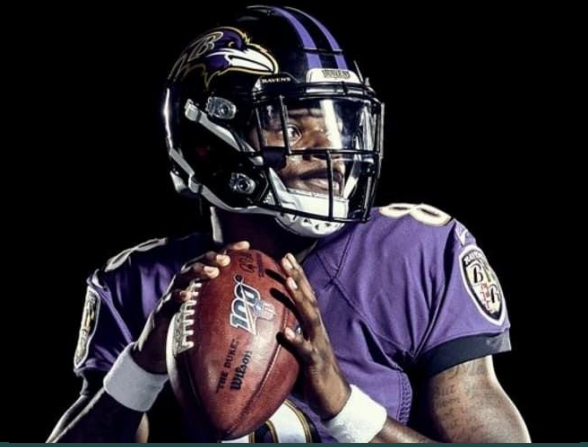
DEVELOPING GOOD FORM

- 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.

SKING

Skiing Injury Prevention

- **Common Injuries:** Knee injuries (ACL, MCL), Wrist and hand injuries, Head injuries, shoulder and back injuries
- **Prevention Tips:**
  - Use correctly fitted equipment, especially bindings and boots
  - Wear protective gear, including a helmet and wrist guards (for beginners)
  - Take breaks and stay hydrated to avoid fatigue-related injuries
  - Be aware of surroundings and follow ski resort safety rules

For skiing

- Why Prevention Matters?

  The Reality: Most ski injuries are preventable.

- Details on Common Injuries in Competitive Skiing:
  - Knee injuries (ACL, MCL) from twisting falls
  - Wrist and hand injuries from breaking falls, Skier's Thumb: Tearing a ligament by falling on an outstretched hand while holding a pole.
  - Shoulder injuries from collisions or awkward landings, Often caused by "poling" errors or hard landings.
  - Head injuries due to falls or impact, Concussions: Results from high-speed falls or collisions.
  - Lower back strain from poor posture or fatigue

Pre-Season Conditioning

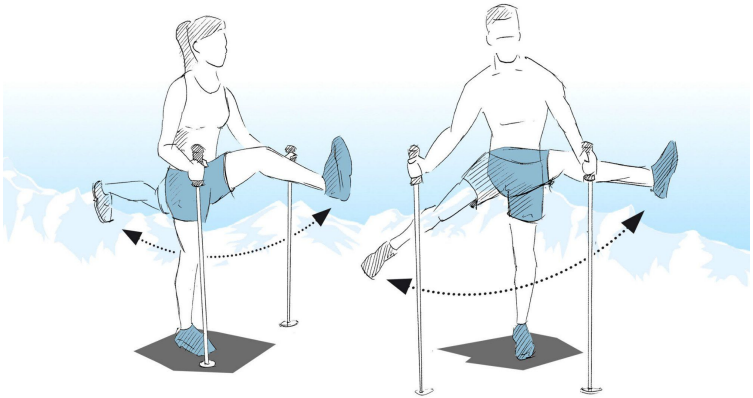
- Strength: Focus on quads, hamstrings, and glutes (the "shock absorbers").
- *Exercises:* Squats, lunges, and wall sits.
- Core Stability: A strong core helps maintain balance when you hit unexpected bumps.
- *Exercises:* Planks and Russian twists.
- Proprioception: Training your brain to know where your limbs are.
- *Exercises:* Single-leg balancing or using a BOSU ball.

Gear Check & Fit

- The DIN Setting: Ensure your bindings are set by a professional based on your weight, height, and ability. They *must* release when you fall.
- Helmet Safety: Helmets significantly reduce the risk of traumatic brain injuries. Ensure it isn't expired (EPS foam degrades over time).
- Boot Fit: Boots that are too loose lead to poor control; too tight leads to cramping and reduced circulation.
- Sharp Edges: Dull skis can "wash out" on ice, leading to groin or knee strains.

On the Mountain (The Warm-Up)

- Cold Muscles Snap: Never jump straight onto a Black Diamond run.
- Dynamic Warm-Up: * Leg swings (forward/back and side-to-side).
  - Arm circles.
  - Torso rotations.
- The "First Run" Rule: Take your first run on an easy Green or Blue trail to find your "edge feel" and check snow conditions.



The "Your Responsibility" Code

- Stay in Control: You must be able to stop or avoid other people/objects.
- People Ahead: The skier in front of you has the right of way.
- Stopping: Do not stop where you obstruct a trail or are not visible from above (like under a knoll).
- Look Up: Before starting downhill or merging, look uphill and yield to others.

Knowing When to Stop

- Fatigue is the Enemy: Most injuries happen after 2:00 PM when legs are tired and form breaks down.
- Dehydration & Elevation: Thin air dries you out faster. Dehydration leads to poor decision-making.
- The Golden Rule: If you feel "one last run" coming on, but your legs are shaky—take the gondola down. It's better to end the day healthy than on a sled.

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

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