

CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

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KEEPING KIDS SAFE AS WARM WEATHER APPROACHES

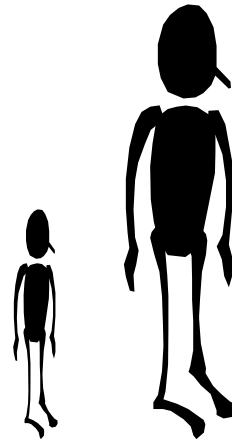
LECTURE OUTLINE

❖ OVERVIEW OF INJURIES

- Age
- Sport
- Season
- Anatomy

☐ By AGE:

- Toddlers: Parental Supervision
Usually unwitnessed injuries
- Pre-School: Drive for independence
Following older sibling
Independent play
- Ages 5-7: Sports for FUN
Remarkably resilient ($E=mc^2$) (Torque = Force x Distance)
Usually high energy injuries
Bike, trampoline, run & fall, fall from a height
- Ages 8-12: Organized Sports (Team concept, rules, safety)
Unsupervised activities = higher rate of injuries
Lack of safety equipment
Overestimation of strength & endurance (deconditioning from last year)
- Ages 13-17: Play to WIN
High School organized sports
Falls
Protective equipment
MVA, seat belts
MVA vs. Pedestrians at night (dark clothes, crosswalks)



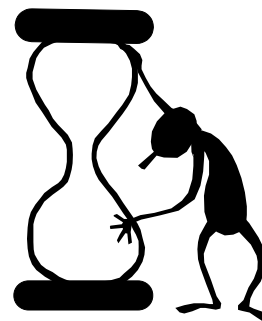
□ **By SPORT:**

- Soccer: Age 7-17: still # 1 cause of injuries
Lower extremities, jammed fingers
- Track/running: overheat (heat exhaustion)
hyponatremia
- Volleyball: Hand/shoulder injuries
Beach games...lack of proper training + sand
- Tennis: Elbow & shoulder
- Swimming/: decreased endurance
Water sports: deconditioning
overestimate capabilities
- Softball/Baseball: Shoulder & elbow injuries
Overuse injuries



□ **By SEASON:**

- Spring: warm weather, unleashed from house
outside play, unsupervised after school
prior to organized summer activities beginning
Coordination "memory" (riding bike, skateboard)
Protective equipment (I forgot over the winter)
- Summer: Warm weather, heat + sun
All day activities, = muscle fatigues, loss of concentration
Lack of protective clothing, loss of cushioning effect, no-shoes
No school tomorrow
Bigger groups = peer pressure
- Fall: Parents can't wait for school to start
Decreasing sunlight
Most organized sports in the fall semester



□ **By ANATOMY:**

- Head/neck Injuries: #1 cause of \$\$\$ expense of injuries
Accounts for 80% of all cost of all injuries in children
Long term care
Preventable
Bike #1 (no helmet, improper fitting helmet, riding at dusk,
Trampoline
- Shoulder: Throwing & overuse
- Elbow: Throwing...Little leaguer's elbow
Racquet sports...Tennis elbow
- Hand/Wrist: FOOSH, fractures
Jammed fingers



- Back: overuse, clears up in a day
repeated back pain in young children needs investigation
- Hip: Torque, twist & force (jumping in a boat)
Limp or inability to bear weight > 24 hours
- Knee: ACL, MMT, Tendonitis, Abrasions
- Ankles: Sprains, Stains & automobiles
- Toe: Turf Toe, NO-Shoes
- Multi-joint pain: LYME DISEASE
Deer Tick, Rash (40%)



THE REALLY BAD THINGS

- STIMULANTS: Ephedra: products containing it are available on-line
Caffeine, Nicotine
Cocaine
Methamphetamines
Ritalin (MPH) methylphenidate
- STEROIDS: Andro, Creatine, DHEA, HGH, Masteron



TREATMENT:

- RICE** (Rest, Ice, Compression, Elevation)
- NSAIDS: Non-steroidal anti-inflammatory drugs
- Analgesics: Tylenol (avoid aspirin)
- Remove from inciting activity
- Analyze mechanics
- Bracing
- If not improving after 24-48 hours, seek medical advice
- Encourage supervised sports
- Wear protective gear, NO COMPROMISE, light clothes at nightfall

FACILITIES: CCHC has several facilities for care throughout Cape Cod; Sandwich Urgi, Long Pond, Mashpee Health Center, etc. Get a copy of facilities & put in your glove compartment for emergencies. Share with summer visitors.