

Injury Prevention Boys/Girls

Sports Studies are showing more athletes are being injured sooner than expected. Due to the focus of **“Best Sport”** and year round play, before entering middle school. With year round play athletes wear down the same muscle groups day after day which gives no time to rejuvenate and get stronger. In many sports young athletes are more affiliated with club teams rather than school sports. Many are not being coached properly on Flexibility, Nutrition, and Mental Toughness. Many athletes are only being coached on their athleticism, and not by educators who see them weekly during P.E. which they have a sense of them as children and young athletes.

- **So who is really more at risk of Girls or Boys?**

It's no secret girls and boys are built differently but girls are more at risk for several of the common injuries, landing flat footed, ankle sprains, concussions, ACL injuries of the knee, and the lack of neuromuscular strength training. Female athletes tend to have less control at hips and tend to land with knees inward. Girls and boys differ in their physical abilities as they enter puberty and adolescence. Boys have a higher level of testosterone which allows to add more muscles and get stronger, in turn they become less flexible. In girls estrogen levels increase which tends to add more fat rather than muscles, wider hips, which causes more pressure on inside of knees, and more lax ligaments (excessive joint motion.) With that higher level of estrogen girls must train and strengthen quadriceps and hamstrings, tendons and ligaments that helps support the knees.

To prevent many sport injuries, athletes must participate in a strengthening programs for muscles that support ankles, knees, and shoulders. In addition avoid over use, engage in pre-season endurance training, rest and recover between workouts, and hydrate before, during and after.