



Things to Remember with Sports and Your Young All*Star Kids

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In our culture approximately 30-45 million children participate in sports and out of those kids around 1-3.5 million youngsters will experience a sports injury. Half of these injuries can be prevented with a little education and awareness.

Lesson 1:

Children's bones are immature because they are still growing! So, this means at intense forces, children are more likely to sustain a bone, or even worse, a growth plate fracture rather than a muscle strain or sprain.

Prevention: Resting, not playing while injured or being over tired, and proper nutrition such as Calcium and Vitamin D.

Lesson 2:

Children produce more heat per pound of weight than adults. This means kids can overheat a lot quicker than their parents!

Prevention: Drink as much water as you lose. One pound of weight loss by exercise should be replaced by 13-16 oz. of water.

Lesson 3:

Children also perspire less than adults. Symptoms of heat exhaustion include muscle cramps, nausea, vomiting, headaches, dizziness, confusion, disorientation, weakness, reduced performance, inability to concentrate, and irritability.

Prevention: If playing games outdoors, rest in the shade between games. Replenish oneself with water. Maintain normal blood sugars with diluted sport drinks and/or snacks prior and post exercise.

Lesson 4:

Keep training, sport practice and games age appropriate. Prior to the age of 12, the focus of the training session should be fun, engaging and instructing proper physical and mental skills.

Prevention: Avoid playing while they are injured or overtired. Allow the children to control the intensity of the practice.

Lesson 5:

Children participating in multiple sports simultaneously are at higher risk for overtraining which leads to injury. Signs for overtraining include impaired performance, fatigue/exhaustion, mood disturbance, apathy, disturbed sleep, loss of appetite and irritability.

Prevention: Consider how long the child is participating in competition and training verses how much time off the child is receiving. Children are not mini-adults. The American Academy of Pediatrics Council on Sport Medicine and Fitness recommends limiting one sporting activity to five days per week with at least one day of rest from organized sports and providing two to three months off per year from that particular sport.