

OrthomedPhysio

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Children are not small adults.

Our Newsletter. The Younger Athlete.

This newsletter will focus on injuries associated with the younger athlete. "Children are not small adults" says Simon Raftery at OrthomedPhysio. "They are built quite differently. Kids bones are softer. Their lack of muscle stability and control makes them prone to overuse injuries especially where the tendon inserts into the bone. It is not uncommon to see the tendons in the knees and ankles start to pull away from the bone resulting in an overuse injury."

"Just resting a child will not stop the progress of these conditions, but appropriate strengthening and load modification can help overcome these overuse injuries" says Simon



Stretching and strengthening can reduce the risk of developing Sever's Disease.

Heel pain in The Younger Athlete

Children between the age of 10-15 years of age that develop heel pain are most likely to have developed a condition called Sever's Disease. Stretching and strengthening exercises of the calf and achilles tendon can effectively reduce the chance of injury. Calf and gluteal strengthening, heel raises, soft tissue release, stretching and activity modification have been shown to reduce the progression of this condition. The use of a small container full of ice and water post match and training for 20 minutes is also useful to reduce the inflammation.



A lack of seasons in Singapore results in higher risk of repetitive strain injury in this age group.

There are no seasons in Singapore

Singapore is unlike many other countries as it does not have distinct seasons. Thus, kids participate in the same sport all year round. For instance, they might stick to football throughout the year, whereas in a country like Australia, kids might play football in the winter, but surf and play cricket in the summer time. We feel that this variety in sport reduces the likelihood of repetitive strain injuries, and perhaps in Singapore we should consider encouraging children to pursue not one sport all year round, but mix it up.



Preventative strengthening programs can effectively reduce overuse injury.

Preventative strengthening exercises to reduce injury

“Prevention is better than cure” says Simon. There is growing researches to show that strengthening exercises can effectively reduce the risk of overuse injury in kids. If increased strength helps reduce these overuse injuries, kids should partake in calf and gluteus strengthening after they have finished training. “Less emphasis on stretching post training etc, but calf and gluteus strengthening drills are the way to go.” says Simon

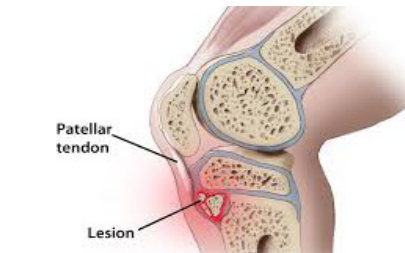
<http://www.ncbi.nlm.nih.gov/pubmed/25129698>



Children bone are soft.

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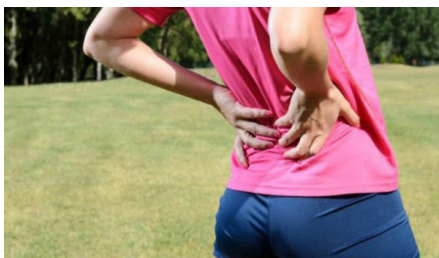
The weakest link of a child is not muscles but bone. Due to the rapid bone growth, children tend to fracture their bone, separate their growth plate instead of strain their muscles. For example, a child is more susceptible to pull the bone off the insertion of the quadriceps tendon, whereas adult will tend to strain the muscle.



Osgood Schlatter is the most common overuse injury in children age between 10-15 years old.

Osgood Schlatter Disease

Osgood-Schlatter Disease can cause a painful lump below the kneecap in children and adolescents experiencing growth spurts during puberty. A strengthening program of calf and gluteal muscles combined with stretching of quads and calves is the first step in the treatment of this condition. Progress through a pre and full jumping program with correct landing mechanics should be implemented in the second phase of their rehabilitation. Complete rest is not advisable, but active strengthening as mentioned is the treatment of choice.



Chronic lower back pain in children can often be due to a stress bone reaction in the spine.

Lower back pain in the younger athlete

Lower back pain in kids should be taken seriously. In adults, lower back pain is commonly due to degeneration of the disc. In kids who partake in high impact sports, stress fractures of the spine are common. At OrthomedPhysio we will assess the lower back of a child and if we are suspicious of a stress fracture, we will refer them for an immediate MRI and Xray. If a stress fracture of the spine is diagnosed, physio that involves core strengthening is the treatment of choice for this condition.

EXTENDED
OPENING HOURS:
Monday to Friday
6.30am to 7.30pm



NEXT ISSUE :
SHOULDER
PAIN AND GYM
EXERCISES



WELCOME
NEW ARRIVAL
AUSTRALIAN
SPORT PHYSIO,
CLAIRE COLTMAN

