



Injury Prevention & Rehabilitation in the Adolescent Athlete

Injury Prevention Philosophy

All athletes are likely to sustain an injury or injuries throughout their career.

The training that helps you move better, fitter, faster and stronger, also helps make you harder to break!

Maturation and Development



During the period of rapid growth in adolescents known as 'Peak Height Velocity', youth athletes are more susceptible to injury.

Rapid bone growth occurs, causing the bones to become weaker, apophyseal plates to become softer, whilst the muscles, ligaments and tendons are playing catch up. During this time, with the delay in muscle strength, youth athletes often experience a decline in motor skill performance. Adolescents moving through this period are more likely to sustain fractures or have stress and joint development related pain in their tendons, ligaments and cartilage.

Prevention is better than a cure...

How do we mitigate against injuries?

Load Management and Development

- Appropriate management of training and playing loads
- Progression of training exposure
- Management of loads during susceptible periods

Movement Skills and Coordination

- Development of movement vocabulary
- General → specific movement skill development

Strength Training

- Development of strength qualities for tissue resilience

Conditioning

- Development of fitness to perform highly at your role

Individualisation

- Testing and assessing the individual athlete to identify specific training needs

From the Coaches Corner...

Athlete First and Wellbeing Perspective

- Important to always ensure your health & wellbeing in the short and long term are the priority
- Perspective about moments vs careers and lifetime
- **Life Balance, friends, hobbies, interests.**

Load Management

- Information sharing with regards to load management is crucial. Communication around external training & playing requirements will ensure we continue to compliment student training needs and manage them appropriately during high-load periods.

Communication

- Be proactive and honest, communicate prior to sessions where possible
- Speak up when sore or sick immediately
- Promote open proactive communication and honesty throughout the whole process to coaches and physiotherapists

Trust

- Trust people and planning and follow the process
- Be patient
- Be diligent

Control What You Can Control

- Be positive in your attitude
- Remain engaged with the group, what **can** you do?
- Look for opportunities that can benefit other areas with extra focus time
- Utilise the resources you have!!!!

Recovery and Rehabilitation

- Do not underestimate how hard rehab can be
- Regular routines post training and games, pre-game preparation & prehab
- Importance of sleep, nutrition & hydration!!

Coaches Recommendations

- Life Balance, friends, hobbies, interests.
- Patience and persistence
- Trust the Process!!!

Homework for you! What areas can I Improve on for me?

- | | | |
|---|--|---|
| <input type="checkbox"/> Communication | <input type="checkbox"/> Diligence with Rehab | <input type="checkbox"/> Engagement |
| <input type="checkbox"/> Set Return Goals | <input type="checkbox"/> Take Recovery Seriously | <input type="checkbox"/> Patience & Perspective |
| <input type="checkbox"/> Life Balance | <input type="checkbox"/> Inform Load Management | <input type="checkbox"/> Speak Up |

What do I do if my child gets injured

1. Encourage student athlete to engage their respective athlete development coach
2. AD coach to triage student & either manage directly or book in with SSP physio team
3. Physio times: **Mon/Wed/Fri 8am-11am – 30min bookings**
4. Assessment and individual rehab / return to play plan created and communicated
5. AD Coach to manage within the SSP sessions (full rehab or modified)
6. Continued communication between physio/AD coach/technical coaches and parents

Note: Having multiple voices & opinions can create confusion and disrupt the rehabilitation process. Our program can work with outside medical and physiotherapy professionals however, utilising the internal expertise can often lead to the most successful outcome.

Notes

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