Christie Powell MSPT, USSF ‘D’

- Physical Therapist and Owner of Champion Performance Physical Therapy

- Doctoral Candidate at The University of Texas in Kinesiology with specialization in Exercise Science

- Dissertation: Return to Sport Assessment; Injury Risk Predictors
Athletes Sidelined for Chronic Nagging Injuries

Common Misconceptions and Training Errors

Christie Powell MSPT, USSF ‘D’
INJURY PREVALENCE

Athletic training room visits in sports 2011-2014:

**Boys Sports:**
- Football
- Wrestling
- Basketball
- Lacrosse

**Girls Sports:**
- Basketball
- Volleyball
- Soccer
- Track

National Athletic Treatment, Injury and Outcomes Network (NATION)
INJURY PREVALENCE

• Overuse Injuries in HS Athletics
  o Females more than males
  o Lower extremity most often
  o Approximately 8% > 21 days time loss
  o Surgery 2.5%
MISCONCEPTIONS

• MORE IS BETTER

• ALL OR NONE

• NO PAIN, NO GAIN
TRAINING ERRORS

• Training Schedule
• Return to Sport Participation
• Physiological Responses & Implications
TRAINING SCHEDULE

- Multi Sport Athletes
- Off Season & Pre Season
- Individual
- Capabilities
RETURN TO SPORT TRANSITION

- Making a Minor Injury Major
- Rehabilitation Phases
- Fitness & Fatigue
Physiological Responses & Implications

- Delayed Onset Muscle Soreness
- Rhabdomyolysis
- Dehydration
COMMON CHRONIC INJURIES

- Hip Pain
  - Muscle Strains
  - Labral Tears
  - Snapping Hip Syndrome
  - Growth Plate Injuries

- Low Back Pain
  - Back Strains
  - Stress Fractures
  - Disc Herniations
CAUSES OF HIP & BACK INJURIES

- Daily Life
  - Sitting
  - Posture

- Training
  - Poor Warm Up
  - Flexion Based Exercises
HOW TO MINIMIZE INJURIES

• Strengthen Posterior Chain
• Flexibility of Tight Musculature
• Avoid Overuse
• Strong Core
• Adequate Recovery