

“Injury Prevention in Youth Soccer”

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Injuries in youth soccer are a growing concern for parents, coaches, and health care providers. The incidence of injury in youth soccer, and youth sports in general, has grown considerably over the past ten years. Both research and day to day office experience tell us that most injuries in youth sports are related to overuse and are largely preventable. The key to preventing these overuse injuries is understanding the exacerbating factors that lead to the overuse and understanding the growing body and its susceptibility to these forces.

Some of the common factors contributing to overuse injuries in young athletes are rapid growth spurts (especially age 9-14 years), poor warm-up, too much activity too soon, and poor form when exercising. As you can see from the list above, many of these are correctable problems that allow coaches and parents to help play a role in injury prevention.

The goal of our discussion tonight is to give an overview and some simple guidelines for coaches to incorporate into practice and game day to help prevent injury. Should you have more in depth questions or concerns about injuries to your young athletes, please feel free to contact me at kevin@ctpomd.com or at 478-8116 ext. 1106. I hope that tonight is helpful and informative for you and that together we can keep your players on the field and out of the doctor's office.

Thanks,

Kevin McHorse, PT

Soccer Warm-up and Cool-Down Routine

1. Light jog around the field incorporating forward, backward and both side shuffling.
2. Stretching of major lower body muscles groups (2 sets of 30 seconds)
 - a. Calf Stretch
 - b. Quadricep Stretch
 - c. Hamstring Stretch
 - d. Inner Thigh Stretch
 - e. Hip Flexor Stretch
3. Participate in regular practice or games
4. Cool-down after participation by stretching same muscles listed above while coach talks

It is critical with young athletes that we teach them to stretch after physical activity as this is the time they will make the most progress in elongating tight muscles and helping reduce muscle soreness. Often young athletes finish practice and go home to eat or do homework and never cool down or stretch properly. This leads to increased tightness in major muscle groups and increased chance of injury.

Patient Name: _____ Date: _____

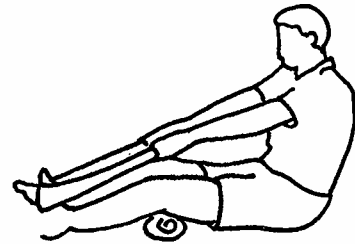
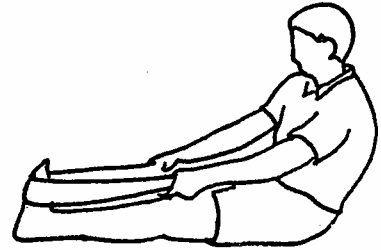
Sever's Disease Exercises

1. Towel Stretch

In a sitting position, loop a towel around the balls of your feet. Gently pull back on the towel pulling your foot toward the knee. The knee should be straight.

Towel Stretch Variations:

- A. Perform the same stretch as described in #4 but place a pillow or towel under the knee to stretch the sole~ muscle. The knee must remain in 20-30 degrees of bend during the stretch.
- B. Perform the same stretch as described in #4 but pull harder with the outside hand so as to pull the foot back and turn the bottom of the foot out.
- C. Perform the same stretch as described in #4 but pull harder with the inside band so as to pull the foot back and turn the bottom of the foot in.



Hold each of the above indicated towel stretches for ___ seconds/minutes; relax and repeat ___ times

General Instructions:

- Perform each exercise slowly and carefully. Stop if the exercise increases your pain.
- Perform the above indicated exercises _____ times/day; _____ days/week.

Therapist: _____

Phone: 478-8116

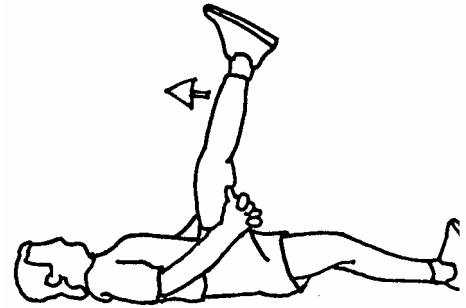
Patient Name: _____ Date: _____

Osgood-Schlatter's Disease Exercises:

1. HAMSTRING STRETCH:

Lying on back with one hip bent to a right angle and bands grasped around the back of the thigh. Opposite leg is extended straight out. Attempt to straighten the knee until a mild stretch is felt in the back of the thigh.

Hold the stretch for _____ seconds, relax and repeat _____ times with each leg



2. STANDING QUAD/HIP FLEXOR STRETCH:

Pull the knee toward the buttock. Keep the thigh in the midline.

Without bending forward at the waist, pull the thigh backwards.

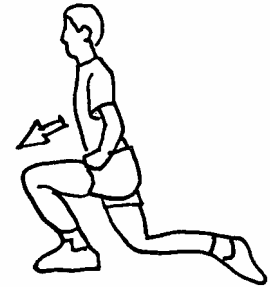
Hold the stretch for ___ seconds/minutes; relax and repeat ___ times.



3. KNEELING HIP FLEXOR STRETCH

In a kneeling position, contract the stomach and buttock muscles to roll the pelvis backward. From this position gently lean the hips forward.

Hold the stretch for ___ seconds/minutes, relax and repeat ___ times.



General Instructions:

- Perform each exercise slowly and carefully. Stop if the exercise increases your pain.
- Perform the above indicated exercises ___ times/day; ___ days/week.

Therapist: _____

Phone: 478-8116