

GETTING BACK ON THE HORSE

WHO TO GO TO IN AN INJURY SITUATIONⁱ

Your coach and trainers should always be the first person to go to when you feel an ache or pain because they know your training the best and can tell you the reason you feel this way and if you should be concerned. Keeping it to yourself can cause unnecessary anxiety and the earlier you seek help, the earlier you will start recovery. If you do have a chronic injury, sports psychology can help you cope during recovery.

MOST COMMON INJURY BY SPORTⁱⁱ

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|-----------------|--|
| FOOTBALL | ACL Tear / Concussion |
| SOCCER | ACL Tear |
| BASKETBALL | Joint Damage |
| BASEBALL | UCL Tear from Overuse |
| FIELD HOCKEY | Hand and Wrist Damage |
| GOLF | Overuse of the Back, Shoulder, and Elbow |
| LACROSSE | Ankle and Knee Ligament Sprains, ACL Tears |
| ROWING | Overuse of Wrist, Forearm, Rib Cage, Knee, and Lumbar |
| TRACK AND FIELD | Knee Injuries, Lower Leg Pain, Foot and Ankle Injuries |
| SOFTBALL | Shoulder and Elbow Injuries |
| SWIMMING | Shoulder Injuries from Overuse |
| TENNIS | Damage to Shoulder, Elbow, Wrist Due to Overuse |
| VOLLEYBALL | Shoulder Injuries |
| WRESTLING | Concussions, Severe Knee and Shoulder Injuries |

SURVEY SAYS: YOU'RE NOT ALONE^{iv}

A survey of UVA student-athletes showed that most athletes face two or more injuries during their athletic career of varying severity.

DON'T BE DISCOURAGED

Like many athletes, I faced a severe injury during my first year. I received ACL surgery in February and was back to practice in about six months. Going to treatment everyday was really important for my recovery. My teammates and my coaches supported me throughout the entire process and made rehab much easier

- Doni Dowling, Football 2018

The most difficult injuries I have faced in my soccer career have been concussions. I've had three within the past 4 years, and each have put me out for at least 3 weeks at a time. With each concussion, each day was very difficult, mentally and emotionally. I've learned how important it is to take care of your brain by seeing a specialist and learning about proper treatment. In the end, you need your brain for your entire life, and protecting it is much more important than any soccer game

- Betsy Brandon, Soccer 2019

PREVENTIONⁱⁱⁱ

Play safe. Strict rules against headfirst sliding (baseball and softball) and spearing (football) should be enforced

Avoid heat illness by drinking plenty of fluids before, during and after exercise or play; decrease or stop practices or competitions during high heat/humidity periods; wear light clothing. **Stay hydrated!**

DO NOT PLAY THROUGH THE PAIN!

Take time off. Make sure you are adhering to the day off granted in-season by the NCAA

Increase flexibility. Stretching exercises after games or practice can increase flexibility. Stretching should also be incorporated into a daily fitness plan.

Use the proper technique

i. Blakey S (2018, April 19), Virginia Sports Trainer sjc8g@virginia.edu

ii. Advanced Solutions International, Inc. (n.d.). Sports Specific Resources. Retrieved from https://www.stopsportsinjuries.org/STOP/Prevent/Sports_Specific.aspx?hkey=37fc87e2-5e5a-4e73-bd1f-6d00bca4dcaf

iii. Sports-Injury-Prevention-Tip-Sheet. (2017, March 16). Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Sports-Injury-Prevention-Tip-Sheet.aspx>

American Institute of Pediatrics

iv. Electronic Survey conducted in Spring 2018; UVA student-athletes



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