



MEDICAL MOMENTS by



## Youth Soccer Injuries are Common

From young childhood, through adolescence, Soccer is one of the most popular sports in the US. Unfortunately, with the rise in popularity of soccer, there has been an increasing injury rate for youth soccer players. While injuries to the muscles and joints of the legs are most common, concussions are possibly the most concerning injury, especially for developing brains.

1. **Protective Equipment:** Proper fitting shoes reduce chances of injury while running, turning, or kicking. Shin guards reduce the force to the shin bone (tibia). Mouth guards can prevent dental injury.
2. **Neuromuscular & Biomechanical Training:** Proper balance and muscle training has been shown to reduce ACL injury by up to 88%. A Physical Therapist can help identify anatomical difference (ex. When landing or decelerating, girls often have higher internal rotation at the hip and external rotation of the tibia than boys), a PT can identify these differences and prescribe exercises to reduce concerns.
3. **Individual Player Monitoring:** No one knows your player better than you. Monitoring for signs of pain or changes in mood are key. But annual concussion screening & physical movement assessment from your Physical Therapist will help your player stay healthy.

Watson, et al. (2019). Soccer injuries in children and adolescents. *Pediatrics*, 144, e20192759.

### Common Soccer Injuries

- ♦ **Knee Injury**
- ♦ **Ankle Injury**
- ♦ **Calf Muscle Injury**
- ♦ **Thigh Muscle Injury**
- ♦ **Concussion**

Love Your Life!

**Recovering from Injury? Or ready to optimize your playing? The PTs at FYZICAL know how to improve balance and get you game ready.**

For more information about FYZICAL visit:  
[www.FYZICAL.com/Oklahoma-City](http://www.FYZICAL.com/Oklahoma-City)

**You Can Also Reach Us By Phone (405) 400-8909 or Fax (405) 400-8949**