

Soccer Injuries in Children Double, Head Injuries Soar Nearly 1,600%

New 25-year study offers first comprehensive look at youth soccer injuries in U.S.

****NOTE: Embargoed until Monday September 12, 2016 at 12:01 a.m. eastern****

Nationwide Children's Hospital

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NEWS PACKAGE

SUGGESTED TEASE	IT'S ONE OF THE MOST POPULAR SPORTS AMONG CHILDREN, AND A NEW STUDY IS SHOWING WHILE THE GAME CERTAINLY HAS HEALTH BENEFITS, THERE ARE ALSO RISKS. DETAILS ON THE RISING RATE OF INJURIES IN YOUTH SOCCER, COMING UP NEXT.
ANCHOR LEAD	SOCCER HAS BECOME ONE OF THE MOST POPULAR YOUTH SPORTS IN THE U.S. THIS YEAR MORE THAN 3 MILLION CHILDREN WILL PLAY SOCCER - THAT'S AN INCREASE OF NEARLY 90-PERCENT SINCE 1990. ¹ BUT A NEW STUDY SHOWS THAT AS THE NUMBER OF CHILDREN PLAYING SOCCER HAS GONE UP, SO HAVE INJURIES. CLARK POWELL HAS DETAILS.
(PACKAGE START) -----	
CG: Courtesy: Nationwide Children's Hospital	(Nats - Playing soccer) :02
Shot of Josh playing soccer	JOSH ZWEYDORFF'S (ZWHY-dorf) DAD OFTEN FEELS ANXIOUS WATCHING HIS SON PLAY SUCH A HIGH PRESSURE POSITION AS SOCCER GOALIE.
Shot of near collision on field	BUT NOTHING COMPARES TO THE ANXIETY HE FELT RECENTLY WHEN JOSH WAS INJURED.. :11
CG: Chris Zweydorff Father of soccer player	"When I saw him laying on the ground...it was a big deal." :05
CG: Josh Zweydorff High school soccer player	"I don't remember much, but what I've been told is I was coming out to get a ball, and my own teammate's knee collided with my head." :07
Shots of Josh playing soccer	JOSH SUFFERED A CONCUSSION, AN INJURY THAT RESEARCHERS AT NATIONWIDE CHILDREN'S

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<p>Graphic: Rate of concussions in soccer players ages 7-17 rose by nearly 1,600 percent</p>	<p>HOSPITAL SAY HAS BECOME INCREASINGLY COMMON.</p> <p>A NEW STUDY FINDS THAT IN SOCCER PLAYERS AGES 7 TO 17 - THE RATE OF HEAD INJURY SHOT UP NEARLY SIXTEEN-HUNDRED PERCENT OVER A 25-YEAR STUDY PERIOD. :16</p>
<p>CG: Huiyun Xiang, MD, MPH, PhD Nationwide Children's Hospital</p>	<p>"That's very dramatic, and you can see closed head injury and concussions usually have significant consequences." :11</p>
<p>Shots of Dr. Xiang researching</p>	<p>BUT IT'S MORE THAN JUST CONCUSSIONS, THE STUDY ALSO FOUND THAT THE RATE OF ALL SOCCER-RELATED INJURIES, FROM SPRAINS TO BROKEN BONES, MORE THAN DOUBLED.</p>
<p>Shots of soccer players</p>	<p>AND TEENAGERS WERE AT THE GREATEST RISK FOR INJURY.</p> <p>BUT THERE ARE SOME STEPS PARENTS AND COACHES CAN TAKE TO HELP KEEP PLAYERS SAFE. :17</p>
<p>CG: Tracy Mehan Nationwide Children's Hospital</p>	<p>"Make sure they participate in a pre-season conditioning program, make sure they're warming up before every practice and every game, always wear your protective equipment like shin guards and mouthguards, and make sure you're following all the rules." :12</p>
<p>Shots of Josh playing soccer</p>	<p>JOSH WAS BACK IN THE GAME ABOUT TWO WEEKS AFTER HIS INJURY AND SAYS, AS MUCH AS HE LOVES SOCCER, HIS HEALTH COMES FIRST. :06</p>
<p>Josh Zweydorff (cg'd earlier) 10.22.35 - 10.22.39</p>	<p>"Definitely think of yourself and your future ahead of the game because that's more important." :04</p>
<p>Shots of soccer players</p>	<p>AT NATIONWIDE CHILDREN'S HOSPITAL, THIS IS CLARK POWELL REPORTING. :03</p>
<p>PACKAGE END -----</p>	<hr/>
<p>ANCHOR TAG</p>	<p>RESEARCHERS SAY CONCUSSIONS AND OTHER CLOSED HEAD INJURIES ONLY ACCOUNTED FOR 7 PERCENT OF ALL INJURIES, BUT THEY ARE AMONG THE MOST SERIOUS TYPES OF INJURY.</p> <p>THE INCREASE IN HEAD INJURIES MAY POSSIBLY BE ATTRIBUTED TO AN INCREASE IN AWARENESS ABOUT THESE INJURIES WITH MORE INDIVIDUALS SEEKING CARE WHEN A HEAD INJURY OCCURS.</p> <p>IF YOU ARE CONCERNED THAT YOUR CHILD HAS SUFFERED A SPORTS-RELATED CONCUSSION, BE SURE TO HAVE IT THOROUGHLY EVALUATED BY A DOCTOR BEFORE LETTING THEM RETURN TO PLAY.</p>

SOCIAL MEDIA

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<p> Share it! Suggested tweet:</p>	<p>Study @NationwideKids shows injury rates have soared in a popular youth sport. How to keep your child safe on the soccer field: http://bit.ly/2c5dQ0z</p>
<p> Suggested post:</p>	<p>More than three million children play in organized soccer leagues in the US, but a new study from Nationwide Children’s Hospital shows the rate of injuries has more than doubled in the last generation, especially when it comes to head injuries. http://bit.ly/2c5dQ0z</p>

EXTRA BITES

<p>CG: Huiyun Xiang, MD, MPH, PhD Nationwide Children’s Hospital</p>	<p><i>Dr. Xiang explains why the study is important:</i> “No study has been done before to look at this study over a long-term period, and to look at the trend and annual rates. So that’s why this is very important.”</p>
<p>CG: Tracy Mehan, MA Nationwide Children’s Hospital</p>	<p><i>Dr. Xiang gives the findings of the study:</i> “We found, during this 25-year period, the number of injuries increased by 78 percent. The annual rate of injuries increased by 110 percent.”</p> <hr/> <p><i>Mehan talks about how concussions affect children:</i> “Concussions can be very serious for young athletes. It can take young athletes longer to recover from concussions, and if they go back to play too quickly, they can have serious, sometimes lifelong consequences.”</p>
<p>CG: Chris Zweydorff Father of soccer player</p>	<p><i>Mehan explains how organizations are preventing injury:</i> “Some organizations are now banning heading altogether for children 10 years of age and younger, and limiting it for athletes who are 11 to 13 years of age.”</p> <hr/> <p><i>Chris says he is more aware of on-field injuries now:</i> “It’s always in the back of my head now. But I do pay attentions to what’s going on on the field. Is everything okay and everybody okay?”</p>
<p>CG: Josh Zweydorff High school soccer player</p>	<p><i>Josh talks about the increased concussion protocols:</i> “Even with the slightest little tap to the head, we have to go see the trainer, even if you’re showing no symptoms, just to make sure you’re okay.”</p>

References

¹Soccer-Related Injuries Treated in Emergency Departments: 1990 - 2014, **Pediatrics**, September 2016. Online:

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