

GIRLS SUFFER MORE OVERUSE INJURIES IN TEEN SPORTS



Study names top sports for “overuse” injuries, girls at higher risk than boys

The Ohio State University Wexner Medical Center

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SUGGESTED TEASE	STILL TO COME, THE SPORTS THAT ARE MOST LIKELY TO CAUSE OVERUSE INJURIES IN YOUR KIDS. YOU’LL BE SURPRISED WHO GETS HURT - AND WHICH SPORTS THEY PLAY. DETAILS NEXT IN HEALTH NEWS.
ANCHOR LEAD	BEFORE YOU SIGN YOUR CHILD UP FOR A SPORT THIS SUMMER OR FOR THE COMING SCHOOL YEAR, YOU’LL WANT TO HEAR THIS. A NEW STUDY IS OUT CHARTING SO-CALLED “OVERUSE” INJURIES IN TEENAGERS - THE TYPES OF INJURIES THAT OCCUR FROM REPETITIVE MOTIONS. THE KIDS WHO GET HURT MOST OFTEN - AND THE SPORTS THEY PLAY - JUST MIGHT SURPRISE YOU. CLARK POWELL HAS DETAILS.
	(Nats - treadmill) :02
CG: Courtesy: The Ohio State University Wexner Medical Center Shots of Julia running on a treadmill Tilt down to feet on treadmill	JULIA FRIES (<i>pronounced: ‘freeze’</i>) SAYS SHE SPENT NEARLY AS MUCH TIME REHABBING ON A TREADMILL AS SHE DID RUNNING TRACK FOR HER HIGH SCHOOL. BETWEEN PROBLEMS WITH HER SHIN AND FOOT, JULIA WAS CONSTANTLY BATTLING INJURIES - THOUGH THERE WAS NO SINGLE EVENT THAT CAUSED THEM. :11
CG: Julia Fries Suffered overuse injuries	“We never really figured out why. We think it was just from overuse mostly, just from trying to put more miles in than I should.” :08
Wide shot of Julia on treadmill Trainer working with Julia	AND A NEW STUDY SHOWS THAT’S MUCH MORE COMMON THAN YOU MIGHT THINK. OVERUSE INJURIES - THINGS LIKE STRESS FRACTURES AND LINGERING TENDON AND JOINT PAIN - ARE ON THE RISE - ESPECIALLY IN GIRLS. :10
CG: Dr. Thomas Best Ohio State’s Wexner Medical Center	“We know that these young people are spending more time playing sports both in competition and in practice. So, there’s a correlation there between the amount of time that they’re spending and the increased incidence of injuries.” :11
Shots of Dr. Best walking in for exam	DOCTOR THOMAS BEST OF THE OHIO STATE UNIVERSITY

<p>Wide shot / freeze for graphic <u>Overuse Injuries</u> -Girls Track -Girls Field Hockey -Girls Lacrosse -Boys Swimming</p>	<p>WEXNER MEDICAL CENTER LED THE STUDY. HE CHARTED NEARLY 3-THOUSAND CASES OVER 7 YEARS IN 20 HIGH SCHOOL SPORTS. HE FOUND THE MOST OVERUSE INJURIES HAPPENED IN GIRLS TRACK - FOLLOWED BY GIRLS FIELD HOCKEY, GIRLS LACROSSE - AND BOYS SWIMMING AND DIVING.¹ :17</p>
	<p>(Nats - woman practicing basketball) :01</p>
<p>Shots of basketball player Shots of hockey</p>	<p>BEST SAYS PART OF THE PROBLEM IS THAT KIDS SPEND UP TO 18-HOURS A WEEK PRACTICING AND PLAYING SPORTS - AND BECAUSE COMPETITION IS OFTEN SO STIFF, MANY CHOOSE JUST ONE SPORT AT AN EARLY AGE. :11</p>
<p>Dr. Best (CG'd earlier)</p>	<p>“These youngsters are playing a single sport may in fact be a risk factor for these overuse injuries, because their bodies are seeing the same repetitive loads with one sport.” :12</p>
<p>Shots of lacrosse Tilt up from Julia’s leg running to her face Shot of Julia finishing and getting off treadmill</p>	<p>HIS ADVICE IS TO CHANGE IT UP. HAVE YOUR KIDS PLAY DIFFERENT SPORTS AND MAKE REST AND NUTRITION A PRIORITY. DOING TOO MUCH OF THE SAME THING TOO OFTEN CAN NOT ONLY COST YOUR KIDS THEIR SEASON, IT COULD LEAD TO INJURIES THAT LINGER EVEN AFTER THEIR PLAYING DAYS ARE OVER. AT OHIO STATE’S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :17</p>
<p>ANCHOR TAG</p>	<p>DOCTORS SAY THE LOWER LEG IS THE MOST COMMON SITE OF OVERUSE INJURIES, FOLLOWED BY THE KNEE AND THEN THE SHOULDER.¹ BEST SAYS GIRLS MAY BE AT HIGHER RISK BECAUSE OF HORMONAL CHANGES IN THEIR TEENAGE YEARS AND MANY DON’T GET ENOUGH CALCIUM IN THEIR DIETS. IT MIGHT SURPRISE YOU TO KNOW TWICE AS MANY ATHLETES GO TO THE DOCTOR FOR OVERUSE INJURIES EACH YEAR THAN FOR ACUTE INJURIES.¹</p>
<p> Share it! Suggested tweet:</p>	<p>Doctors @OSUWexMed say girls who play these sports are at higher risk for overuse injuries. See the list: http://bit.ly/1Gwjcdw</p>
<p> Suggested post:</p>	<p>In what may be the first and largest study of its kind, researchers at The Ohio State University Wexner Medical Center have found that teenage girls who play certain sports are at a much higher risk of overuse injuries than boys. Doctors charted nearly 3,000 cases over seven years in 20 high school sports. To see which sports made the list and what you can do to protect your child, click here: bit.ly/1B5BbZn</p>
<p>References -</p>	<p>¹<i>Epidemiology of overuse injuries among high-school athletes in the United States, The Journal of Pediatrics, Volume 166, Issue 3, March 2015. Online:</i> http://www.jpeds.com/article/S0022-3476%2814%2900888-9/abstract</p>

	Extra Bites
<p>CG: Dr. Thomas Best Ohio State's Wexner Medical Center</p>	<p><i>Dr. Best talks about the study's findings -</i> "What we found was that female track and field, followed by female field hockey, and then closely by girl's lacrosse and boys swimming - boys finally made it into the equation if you will. Those were the four leading causes of overuse injuries in our study." :17</p> <p><i>Dr. Best talks about the sites of the most common injuries -</i> "What we found was from the lower extremity, essentially from the knee to the ankle so this probably included stress fractures for example as well as ankle sprains. That was by far and away the most common site. That was followed by the knee, particularly tendinitis problems." :14</p> <p><i>Dr. Best talks about the importance of playing different sports -</i> "When you play a different sport you're using different muscle groups, so that gives the other groups if you will, a relative break. Again, it's speculative at this point, but many of us feel that sport specialization may in fact be the leading risk factor for overuse injuries." :18</p>
<p>CG: Julia Fries Suffered overuse injuries</p>	<p><i>Julia talks about how long she was out with her injuries -</i> "The stress fractures were each for a season, and the IT band that was for most of the winter, and then the knee, that was three full seasons." :15</p> <p><i>Julia talks about her form and how it played a role in her injury -</i> "They found that I was favoring my left side which was where I had the stress fracture, so that's probably what caused that. The same thing kind of happened for the other stress fracture too where I was favoring one side." :13</p>
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