

# Injuries in Kids

The ones not to miss



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- Something useful not 20 minutes of terror

- Groin Pain
- Back pain >4 weeks
- Elbow pain
- No brainers



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## Groin pain

- Kids shouldn't get groin pain
- Hips radiate pain to the thigh and knee
- Commonly have limp and short leg



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## Groin Pain

- Perthes
  - 4 to 10 years
  - Osteochondrosis of the femoral head
- SUFE – Slipped upper femoral epiphysis
  - 12 to 15 year olds



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## Running Guidelines

- Long distance
  - Training distance no greater than x 2 competition distance per week
- Sprints
  - <14 years no greater than 3x training sessions/wk
  - >15 years up to 5/week
  - No greater than 1.5 hours

Age	Distance (Km)
Under 9	<3
9-11	5
12-14	10
15-16	Half Marathon
17	30
18	Marathon

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## Back pain > 4 weeks

- Pars Defects
  - Stress fractures of the back
  - Common in sports requiring repetitive back extension
    - Fast Bowlers
    - Divers
    - Gymnasts
    - AFL
  - Risk of Slipping forward
    - Spondylolisthesis



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### Medium to Fast Bowling Guidelines

- This is a summary the total guidelines are very detailed

	U/13	U/15	U/17	U/19
Sessions per week*	2	2	3	3
Balls per session	30	36	36	42

\*Under 14 or Under 17 age groups should also consider guidelines for total weekly workload

	U/13	U/15	U/17	U/19
Overs/game	8	10	16	20

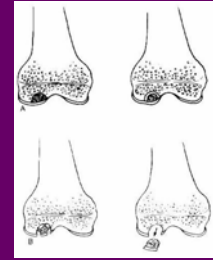
- A – Grade Bowlers >170 and <123 balls per week increases the risk of injury



### Elbow pain in throwers

- Osteochondritis Dissecans of the elbow

- Loss of bone and cartilage
- Can result in arthritis of the elbow



### Throwing/pitching Guidelines

- 9-10 year old pitchers:
  - 50 pitches per game
  - 75 pitches per week
- 11-12 year old pitchers:
  - 75 pitches per game
  - 100 pitches per week
- 13-14 year old pitchers:
  - 75 pitches per game
  - 125 pitches per week
- 15-19 year old pitchers:
  - 90-100 pitches per game
  - 125 pitches per week



### No Brainers

- Can't bend it, can't walk on it
- Night pain
- Fever
- Weight loss
- Night sweats
- Not getting better



Thanks

