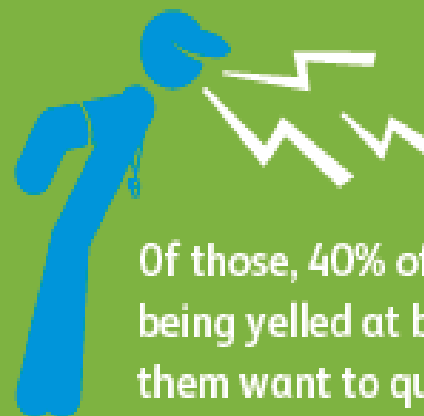


33% of athletes
have been injured
as the result of
dirty play
from an opponent.



28% of athletes agree that it is normal to
commit hard fouls and play rough to 'send
a message' during a game.

73% of athletes say they have been
yelled at by a coach.



Of those, 40% of kids said that
being yelled at by a coach made
them want to quit playing a sport.

Strategies for Smart Play

- **Set the ground rules at the beginning of the season.** Coaches bring together parents and athletes before the season begins to agree on the team's approach to prevent injuries.
- **Teach athletes ways to prevent injuries.** Proper technique, strength training, warm-up exercises and stretching can go a long way to prevent injuries.
- **Prevent overuse injuries.** Encourage athletes to take time off from playing only one sport to prevent overuse injuries and give them an opportunity to get stronger and develop skills learned in another sport.
- **Encourage athletes to speak up when they're injured.** Remove injured athletes from play.
- **Put an end to dirty play and rule breaking.** Call fouls that could cause injuries.
- **Get certified.** Learn first aid, CPR, AED use and injury prevention skills.

**SAFE
KIDS
WORLDWIDE™**

safekids.org



Youth Sports Injury Phenomenon

Youth are particularly at risk due to:

- Improper technique
- Ill fitting equipment
- Training errors
- Coach / parental pressure
- Failure of early injury recognition
- Shift to single sport “specialization”
- Inherent musculoskeletal imbalance

These problems are magnified because the younger the athlete the more vulnerable they are to injury!!!



Youth Sports Injuries Are Now Occurring in Epidemic Proportions

- “Too much....too fast..too soon”
- “Previously uncommon youth sports injuries are now common”
- 30 – 50% of all youth sports are secondary to overuse

Watkins, 1996

Baster – Jones 1993

Dalton, 1992



This Epidemic is Particularly Prevalent in Youth Baseball

#1 - There is an epidemic of increasing
injuries to the throwing arm

5X since 2000

2 - The number one risk factor is year-
round baseball



The Opposite Problem

70% of kids participating in sports drop out by the age of 13 because of

- **Specialization**
- **Professionalism**
 - **I.E. pressure from coaches and parents**

These children lose the benefits of exercise, teamwork and healthy competition!



Prevention of Youth Sports Injuries

- We all agree “the time is right” to make a major impact in prevention
- The AOSSM as a world leader in research and education has a unique opportunity to lead the way

It is our responsibility to get involved

- All of us!



Not an easy task!!!

How do we move forward?

AOSSM *National Initiative*

S.T.O.P. Program

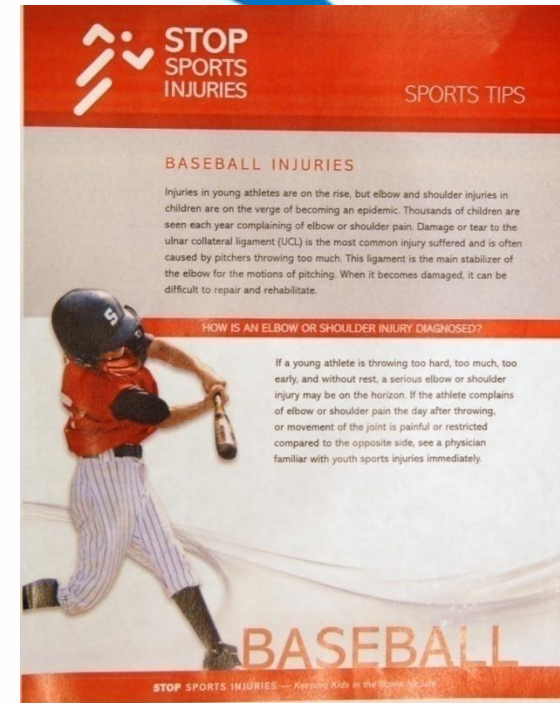


The S.T.O.P Program



- The acronym S.T.O.P. stands for Sports Trauma and Overuse Prevention in youth sports
- Under the leadership of the [AOSSM](#), this program has been implemented several years ago, as a comprehensive public outreach program focusing on the importance of sports safety – specifically as it relates to overuse and trauma injuries
- It focuses on:
 - Injury reduction
 - Highlighting how playing safe and without overuse can increase a young athlete’s career, improve teamwork, increase fitness and reduce obesity and create a lifelong love of exercise and health activity
- The goal is to keep our young athletes out of the operating room and on the playing field

The S.T.O.P. Program



- This national educational initiative includes
 - Public service announcements
 - Posters
 - DVDs
 - Brochures / fact sheets
 - Electronic newsletters
 - An interactive website
 - Other social media
- This program will have a national impact through various media outlets and partnerships
- However, a “grassroots” outreach is essential to the success of this **“NATIONAL INITIATIVE”**



We are focusing on the following youth sports both on the trauma side as well as the overuse side!

- Baseball & Softball
- Swimming
- Football
- Basketball
- Cheerleading
- Tennis
- Dancing
- Soccer
- Track & Field
and Cross Country
- Volleyball
- Gymnastics
- Lacrosse
- Golf
- Rowing
- Martial Arts
- Skiing
- Wrestling





For the Implementation of this program:

- We will lean heavily on AOSSM's orthopaedic sports medicine professionals and specialists!
- However this initiative will not be successful as an "I" situation but as a "we" program to include the cooperation of all of the major organizations involved in youth sports



Collaborative Partners

- The **AOSSM** has welcomed the collaboration & support by other organizations and has established a common set of parameters and expectations to ensure consistency in the recognition and contributions of its partners



Those Collaborative Partners Who Have Already Committed to the AOSSM's STOP Program

- The AAOS
- The American Academy of Pediatrics
- The NATA
- The APTA and its Sports Section
- The American Medical Society for Sports Medicine
- The Safe Kids USA Program among others..



Collaborative Partners

- We anticipate having many more organizations sign up under a formal collaborations agreement
- There are some 300+ Ortho clinics now involved!
- We are hopeful that the federal government and its leadership will take a responsible role to include a mandated federal restructuring for youth sports safety as well as financial support!