

School Sports Injuries Unpacked

As much as scholars and parents alike, look forward to Rugby / Netball / Hockey season, we all realize that there is a definite downside to all the excitement.



Though injuries do occur in individual sporting types such as gymnastics and tennis, these injuries are predominantly overuse related with acute injuries, mostly lower limb, occurring less frequently. The greatest injury occurrence lies within the team sports. This is because of the high speed, high impact nature of these sports. Furthermore, acute injuries occur predominantly during matches. This is due to the more aggressive level of play during competitions compared to practice times.

These injuries are predominantly ligament related.

Because of poor blood circulation to ligaments, recovery from these injuries are not fast and even though the athletes return to sport, they remain vulnerable to recurring injuries in the future. This is the reason why additional, external support such as bracing or strapping is necessary for many subsequent months.

People are often skeptical about bracing. The common misconception is that it weakens the joint and relevant muscles. Research has shown that the opposite is true. Braces allow the joints to perform naturally without putting them at risk of abnormal movements. Because the patients feel safe and secure in a brace, their confidence to rehabilitate is greater, their commitment to exercise improves. This leads to muscle strengthening and therefore faster return to activity.

Bearing in mind that it is wise to use external support for prophylactic (preventative) purposes after reintroduction to activity, bracing is far more cost effective than strapping thus making it the best solution to external support for joint support in the sporting scene. Furthermore, many of these braces offer a compression factor which is important for proprioception and pain relief. Any good quality brace should be comfortable to wear and easy to don.

Suitable bracing is available for acute injuries as well as chronic (overuse injuries) and fall loosely into the following function categories:

- Proprioceptive bracing
- Ligament braces
- Splint braces

CLICK ON THE FOLLOWING LINKS to browse through BL Medical's comprehensive range of braces to cover all sporting injuries (acute and chronic).

[WRIST BRACING](#)



[ANKLE BRACING](#)



[KNEE BRACING](#)



REFERENCES

An Epidemiologic Comparison of High School Sports Injuries Sustained in Practice and Competition

[Julie A. Rechel](#),¹ [Ellen E Yard](#), MPH,¹ and [R. Dawn Comstock](#), PhD^{1,2}

Diagnosis, treatment and prevention of ankle sprains: an evidence-based clinical guideline

Gino M Kerkhoffs,¹ Michel van den Bekerom,² Leon AM Elders,³ Peter A van Beek,⁴ Wim A M Hullegie,⁵ Guus M F M Bloemers,⁶ Elly M de Heus,⁷ Masja C M Loogman,⁸ Kitty C J G M Rosenbrand,⁹ Ton Kuipers,¹⁰ J W A P Hoogstraten,¹¹ Rienk Dekker,¹² Henk-Jan ten Duis,¹³ C Niek van Dijk,¹⁴ Maurits W van Tulder,¹⁵ Philip J van der Wees,¹⁶ Rob A de Bie¹⁶
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Long-Term Ankle Brace Use Does Not Affect Peroneus Longus Muscle Latency During Sudden Inversion in Normal Subjects

[Mitchell L. Cordova](#), PhD, ATC, [Chris V. Cordona](#), MS, ATC, [Christopher D. Ingersoll](#), PhD, ATC, and [Michelle A. Sandrey](#), PhD, ATC

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