NAPNAP Facebook Live

What To Expect When Kids Return To Sports
Fractures
Overuse Injuries in Children

- Now account for the majority of sport injuries seen in children
- Direct consequence of the rise in organized sports and the repetitive training programs associated with these activities
Medial Tibial Stress Syndrome (Shin Splints)

- Tenderness along the shin.
- Check tight Achilles tendon.
- Check for flatfoot.
- Often mimic stress fractures.
Sever’s Disease
Calcaneal Apophysitis

- Traction/impact apophysitis at the site of insertion of the Achilles tendon at the posterior heel.

- Secondary ossification center appears at age 8-9 and fuses at age 11-13.

- Self limiting condition.
Sever’s Disease

Common cause of heel pain in adolescent athletes 9-12 y/o

**History:**
- Gradual or sudden onset
- No Significant Trauma
- Worse with activities

**Exam:**
- X-rays not always required
- Focal tenderness to palpation with squeeze of the calcaneus

**Treatment:**
- Rest
- Heal Cups/Inserts
- Proper shoe wear
- NSAIDS
- Stretches...(tight Achilles and Gastrocnemius)
- Resolves as apophysis (growth center) closes
  - Can last 1-2 years
  - Often Bilateral
Osgood-Schlatters Disease

- Tibia Tubercle Apophysitis:
  - Usually during rapid growth phase (9-15yr)
  - Focally TTP over the Tibia Tubercle
  - Anterior Activity related knee pain
  - Trauma can increase inflammation and pain
Osgood-Schlatter’s Treatment

• **Stretching** exercises to increase flexibility of the quads and hamstrings.

• Knee strap for activities (may or may not help symptoms).

• Ice (20-30min after activities).

• NSAIDs.

• “**Forced Rest**”
  • When do you call it and for how long??
  • Must commit to it!!
Sinding-Larsen-Johansson Syndrome

• Traction at inferior pole of patella.
• Boys 10-12 involved in jumping sports.
• Quad stretching, relative rest.
Prognosis

• May significantly interfere with sports.

• Without significant long term problems.

• Will cease as growth completes.
Patellofemoral Pain Syndrome

“Runner’s Knee”

• Pain under or around the kneecap classic “horse shoe pattern”

• Worse with activity, running, using stairs, sitting long periods of time

• Typically an overuse injury, but may also be caused by trauma

• One of the most common causes of knee pain in runners

• Patellar Maltracking.......Need to build up quads
PatelloFemoral Pain Syndrome

**Causes**
- Decreased hip strength
- Decreased strength of thigh muscles that straighten your knee
- Tracking of the kneecap when you bend your knee
- Limited ankle motion or too much motion in the foot

**Treatment**
- Strengthening exercises for buttocks (gluteal) muscles
- Strengthening exercises for thigh (quadriceps) muscles
- Taping or bracing of kneecap
- Increase motion at the ankle and/or orthotics
Iselin’s Disease

- Traction Apophysitis from Peroneus Brevis
  - Base of the 5th Metatarsal.
  - 8-13 y/o.
  - Soccer, gymnastics, basketball, baseball & dance.
  - Often tight calf muscles.
  - Pain, swelling, palpable “knot” at base of 5th MT, + focal TTP.
  - Possible localized swelling.
Iselin’s Disease

• Treatment
  – Modification of activities/ “Forced Rest”
  – Ice
  – Stretching
  – NSAIDs
  – +/- brief immobilization (3d boot)
    -- proper shoe wear/fit
  – +/- shoe inserts

• Return to play
  – FROM
  – Pain free: jog, run, hop
Resources

• OrthoKids.org
• StopSportsInjuries.org
• FIFA 11 (soccer)
• Rugby Right Scotland (rugby)
• CDC (CoVid)
• Your state and local authorities for CoVid updates and openings.