



## ASK THE PAIN RELIEF

# Expert

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### ***My child plays a lot of sports. Should I be concerned about injuries?***

Playing sports comes with exhilaration—and risks. Certainly playing a contact sport like hockey, especially on the professional level, comes with the risk of injury. Injuries are part of a professional athlete's life. But injuries can also take place on the school football field, the ski slopes, or a local bike path. In fact, Health Canada estimates that approximately 300,000 sports and recreation-related concussions occur in Canada each year. And women and girls are just as likely as men and boys to sustain sports injuries, including head injuries. Other injuries include neck and back strain, and knee, ankle, shoulder, elbow or wrist strains and sprains. In the last several years, sports-related concussions have received a lot more attention and scrutiny—so much so, that rules in certain games are changing, and laws are being implemented to keep athletes of all ages and skills safe. But coaches, parents, and athletes need to learn to prevent injury and make the best decisions if an injury does occur.

#### **Here is some basic must-know information:**

Strains and falls can alter the structure of joints and even the bones, resulting in possible long-term joint problems, including arthritis.

A concussion can have serious and long-term health effects, and even a seemingly mild “ding” or bump on the head can be serious.

Recent discoveries regarding the nature of injuries and how they may affect cell structure, the functioning of certain organs and overall health, have led to breakthrough treatment programs.

#### **What can I do to prevent injuries?**

Follow the safety rules for each sport. Wear a helmet. There are specialized helmets for almost every sport. Make sure all helmets are properly fitted and maintained and are worn correctly and consistently.



Never let children in or near water without adult supervision.

Be familiar with your equipment like your bike or ATV. Make sure it is in good working order and adheres to safety standards.

Be familiar with terrain before biking, horse-back riding, waterskiing, swimming, or rock climbing.

#### **What if my child is injured?**

Be proactive, but not reactive: Check with the coach or trainer to find out how they have evaluated your child's injury. Ask your child how serious they feel the injury is. Seek medical advice if symptoms persist.

Know the signs and symptoms of concussion. Seek medical attention, even if you think the brain injury is “mild.” A healthcare professional specialized in this type of injury will be able to decide when it is safe to return to sports.

Do not return to play with a known or suspected injury until evaluated and given permission by an appropriate healthcare professional.

Seek a second opinion if the condition persists and a clear diagnosis and course of treatment are not provided.

Sports bring risks, but they also come with a myriad of benefits like fitness, good health, confidence, friendship, and team sportsmanship. They just need to be played safely. If you or a member of your family or your team has sustained one or more head injuries, or have ongoing discomfort or limitation from other sports injuries, suggest they seek professional attention.

Matrix Repatterning is a gentle, scientific form of treatment provided by certified health professionals. It has been clinically proven to resolve many of the underlying factors associated with various sports injuries, including head injury and concussion.



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