



**Advanced Orthopedic**  
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**& Sports Medicine Specialists**

## **FOR IMMEDIATE RELEASE**

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## **Youth Athletes Gear Up for Spring Sports, Sports Medicine Specialists Offer Tips to Prevent Spring Injuries**

*Nearly 10 percent of kids and adolescents who participate in sports each year receive medical treatment for sports injuries*

**DENVER (March 29, 2013)** — More than 100,000 Colorado students participate in interscholastic activities each year, making Colorado's participation rate one of the highest in the nation, according to the [Colorado High School Activities Association](#) (CHSAA). Spring sports are now in full swing across the state, and many student-athletes are eager to jump into the spring sports season.

But according to [Dr. Keith Jacobson](#), foot and ankle expert at Advanced Orthopedic & Sports Medicine Specialists, without proper spring conditioning and a few preventative measures, the spring season is prime time for sports-related injuries. "Statistics show that among the [most common types of sport-related injuries](#) in children are ankle sprains, muscle strains, and repetitive motion injuries," says Dr. Jacobson.

"Practices and games for spring sports are ramping up quickly in order to fit an entire spring sports season into a little more than two months, minimizing the amount of down time for athletes," adds [Dr. Wayne Gersoff](#), orthopedic surgeon at Advanced Orthopedic & Sports Medicine Specialists. "It's pretty typical to see MCL tears, ACL tears and ankle sprains, which are all common consequences of spring sports, like baseball, soccer and lacrosse."

### **What to Watch for**

To help Colorado's young athletes thrive this spring, Advanced Orthopedic's team of specialists look for three main indicators to gauge the need for orthopedic intervention and offer the following sport-specific tips. Athletes and their parents can keep an eye out for these indicators too, but the best first step is always to seek professional medical attention.

1. Determine how an athlete got hurt—was there a sudden, sharp pain when the injury was sustained.
2. Evaluate how the injury currently looks—is there swelling that has not diminished, for example.
3. Assess the athlete’s pain level—which is very personal. Ultimately, coaches and parents should be alert and aware of their athletes’ performance levels so they are able to notice if or when something changes.

## **Baseball**

[Shoulder and elbow](#) injuries are particularly prevalent in baseball because of their mobile nature. Advanced Orthopedic surgeon [Dr. John Papilion](#) recommends parents and coaches be particularly cautious if their athletes’ throwing motion changes in an effort to identify the injury early and prevent serious damage to the shoulder.

## **Soccer**

Being [one of the body’s most complex joints](#), the knee is particularly susceptible to MCL and ACL tears, for example, which tend to increase during the spring sports season primarily because of soccer. Advanced Orthopedic surgeon [Dr. James Ferrari](#) encourages athletes to adequately warm up and stretch prior to activity – especially on cold Colorado spring days; and rest up for a few days if they experience a minor injury in order to prevent future, possibly more serious, injuries such as MCL, ACL or meniscus tears.

## **Lacrosse**

Lacrosse is another popular sport among both boys and girls, and potential injuries can range from facial injuries to clavicle fractures to ankle sprains. Mens’ and boys’ lacrosse, tends to be much more physical and has more hitting and checking, Dr. Gersoff notes seeing athletes with contusions, shoulder dislocations and broken wrists from being checked or falling. On the other hand, women’s lacrosse, generates more knee injuries, concussions and facial injuries from being hit with the lacrosse ball or sticks.

“Athletes can always minimize the risk of a [common sports injury](#) by training and strengthening before spring sports actually begin, and once the season starts, athletes and coaches should emphasize down time between practices and games,” explains Dr. Gersoff. “However, if an injury does occur, it is better to get it checked out right when it happens than to have it prolong and become an even worse injury.”

For additional injury prevention guidance, visit Advanced Orthopedic & Sports Medicine Specialists at [advancedortho.org/sports-medicine](http://advancedortho.org/sports-medicine).

## **About Advanced Orthopedic & Sports Medicine Specialists**

Advanced Orthopedic & Sports Medicine Specialists is the premier [orthopedic practice](#) for Coloradans who love to be active. Home to the top doctors in their fields of expertise, Advanced Orthopedic educates, prepares and supports patients from diagnosis through recovery. Active in innovation, Advanced Orthopedic offers a full continuum of care – from physical therapy to non-surgical options to advanced surgery – for orthopedic injuries and conditions ranging from knees, hips, shoulders, backs, hands and feet. As the premier orthopedic provider, Advanced Orthopedic strives to return patients of all ages, at all levels of activity and who have a variety of orthopedic conditions to their peak performance. Find us on Facebook at [facebook.com/AdvancedOrthoColorado](https://facebook.com/AdvancedOrthoColorado).

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