



advising the young athlete: pitfalls for GPs

Assoc Professor David Gerrard

Sports Physician

Dunedin School of Medicine

outline

- *musculoskeletal development*
- *Common injury sites*
- *Management principles*
- *Psycho-social pressures*
- *"fun" v "win"*



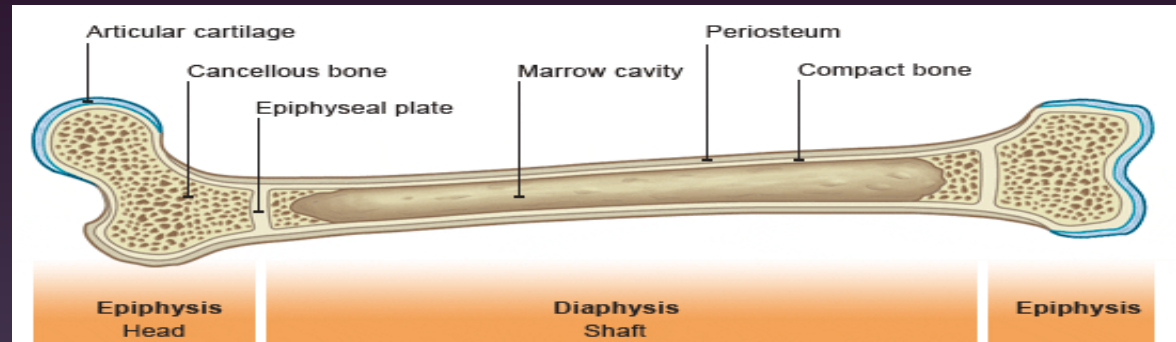
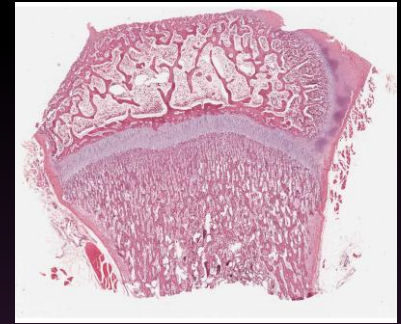
The young athlete

- Children are not “little adults”
- Physical, psychological considerations
- vulnerability



musculoskeletal development

- *growing bones*
- *soft tissues*
- *stimulus*
- *specific sites*



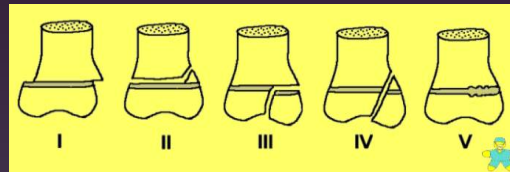
Paediatric sports injury

history

Injury mechanisms

direct trauma

overuse



Patho-mechanics of injury

- Acute trauma : *collision
contusion, concussion*
- Overuse: *intrinsic
repetitive forces*



Clinical entities by region

- *knee*
- *heel*
- *pelvis*
- *back*

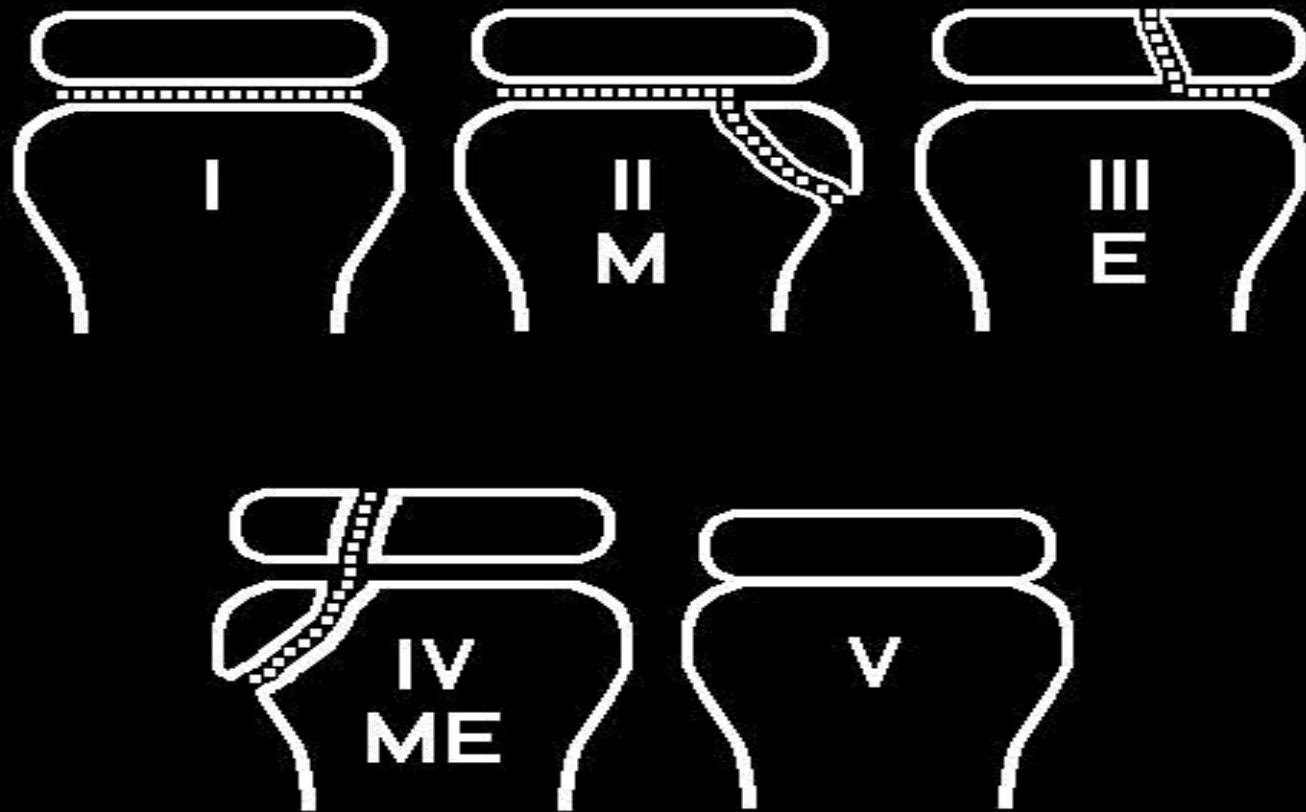


common clinical entities

- Osgood-Schlatter disease
- Sinding-Larsen-Johansson syndrome
- Sever's disease
- Pelvis-hip apophysites
- “Lower back pain”



Salter-Harris: epiphyseal fractures



Young bone

Gymnast

*Heavy fall from
vaulting*

Joint surface OK

Salter-Harris type 2

Good prognosis



SALTER-HARRIS TYPE 4:

distal tibia
growth plate
articular surface
orthopaedic
oversight



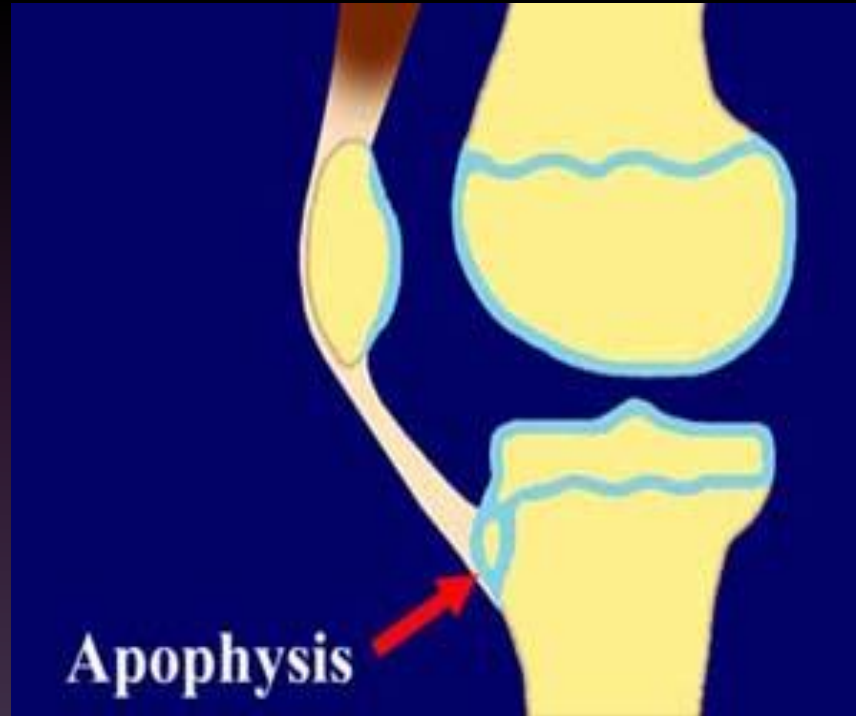
the apophysis

Soft

Plastic

Traction

displacement



Osgood-Schlatter disease

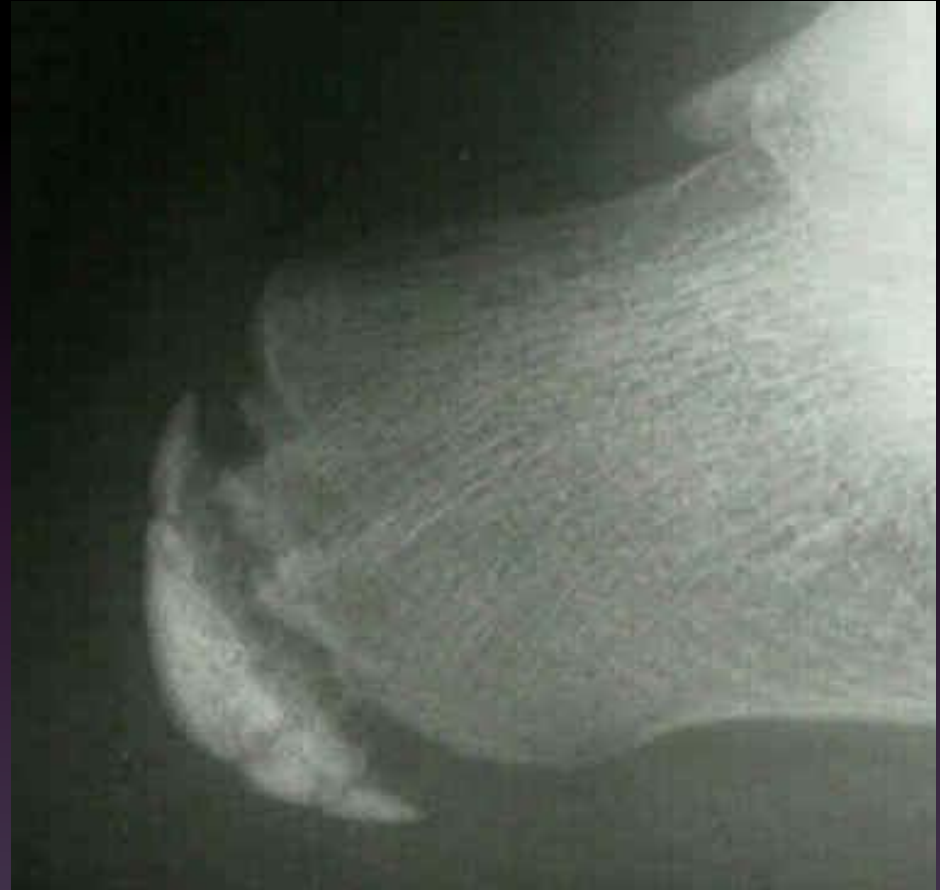
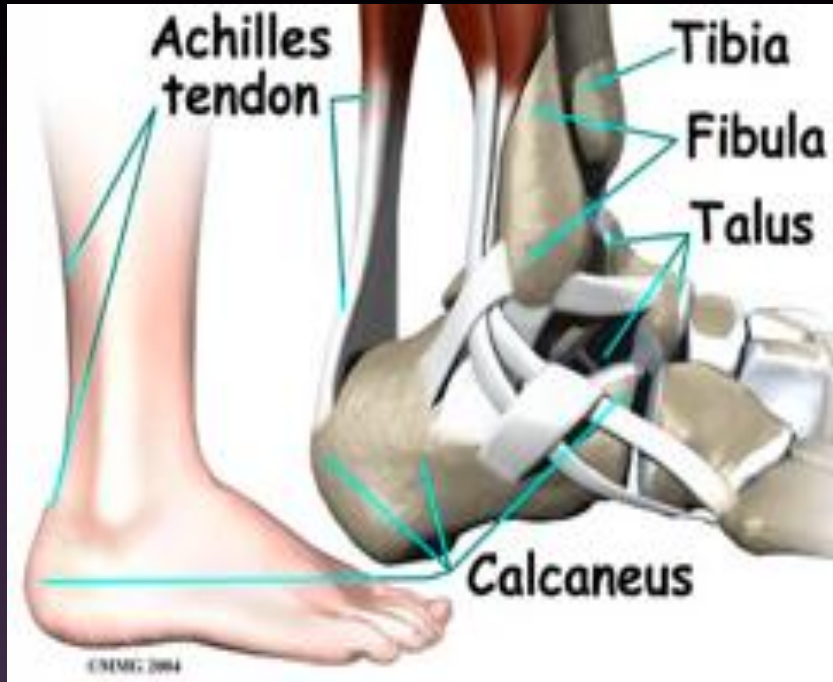


Sinding-Larsen-Johansson syndrome

*lower patellar
pole*

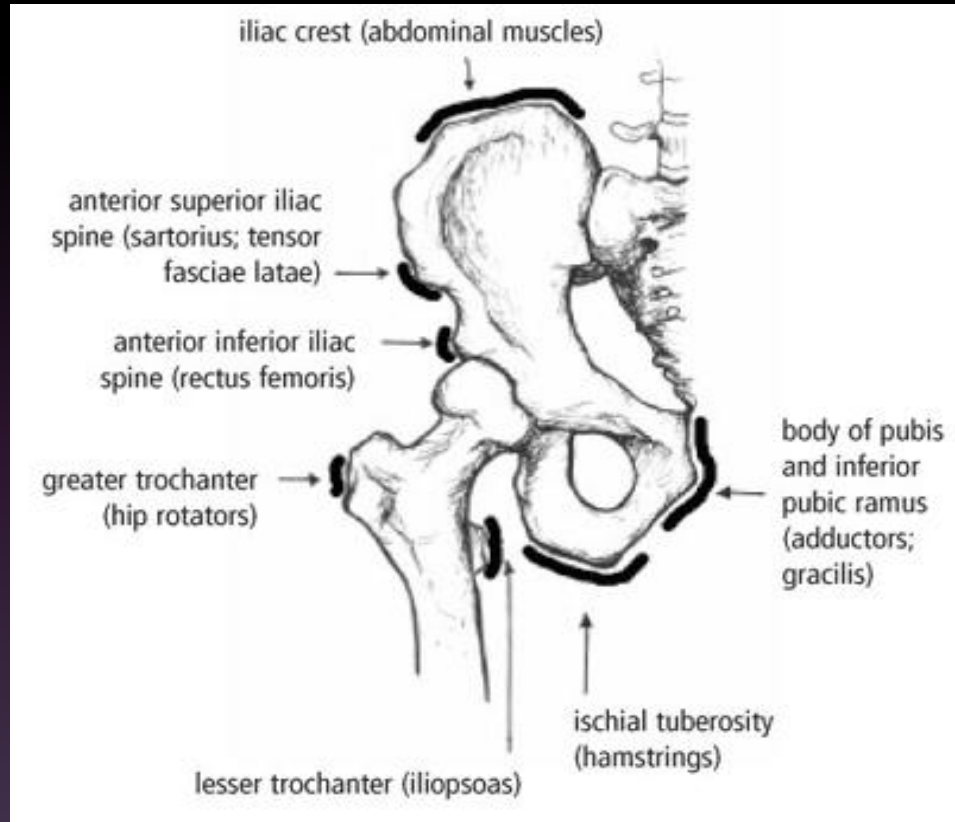


Sever's Disease...



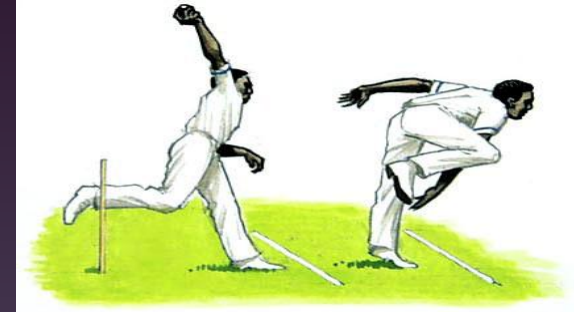
Pelvis-hip apophysites

- *Common sites*
- *Repetitive traction*
- *Sport specific*



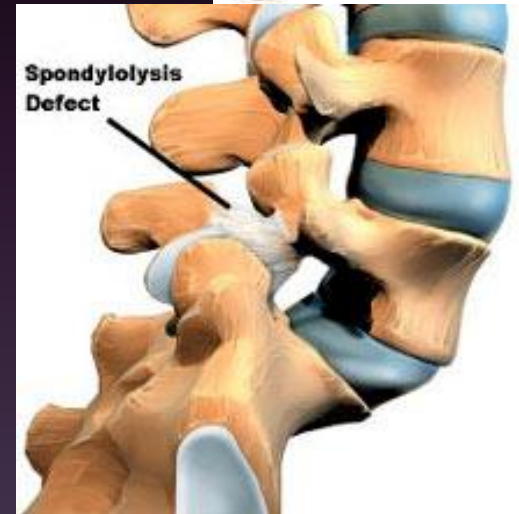
the lower back

- “*..the young fast bowler's back*”
- “*butterfly swimmer's back...*”
- Patho-mechanics
- hyper-extension/rotation



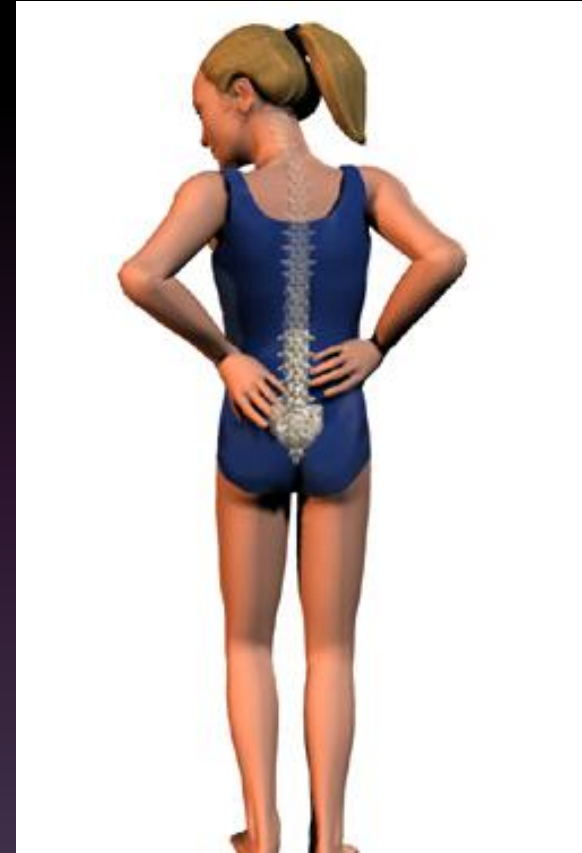
the lower back

- Spondylolisthesis
- Spondylolysis
- Symptoms
- History & exam
- management



the lower back

- “*..growing pains*”
- *Chronic ache*
- Exercise-related
- repetitive stressors



Plain radiology

- Lateral oblique
- “scotty dog”





participation
v
competition

win v fun...



someone stole my game...

Take home messages...

(for pre-adolescent patients)

Never ignore chronic pain

Provocation?

Secondary gain?

Exclude adult influences

