

Top 8 Spors Medicine Diagnoses in Your Office

Objectives

1. List common sports-related injuries you might see in your office
2. List pearls for diagnosis, management, and treatment of common pediatric sports-related injuries
3. Initiate initial treatment of pediatric sports-related injuries

Pediatric Fractures

1. Buckle fractures
 - a. Velcro wrist brace x 4 weeks
 - b. No need for follow-up x-ray
2. Toddler's fractures
 - a. CAM walking boot x 3 weeks
3. Apophyseal avulsion fractures
 - a. Pelvis (misdiagnosed as groin strain)
 - b. Distal fibula (misdiagnosed as ankle sprain)
 - i. CAM walking boot x 4 weeks

Ligament sprains (knee)

1. MCL
 - a. No effusion
 - i. Dimples on either side of patellar tendon
 - ii. Symmetric quad bulk
 - b. Hinged knee brace x 4 weeks
 - c. PT x 4-6 weeks
 - d. Continue hinged brace for all sports activities x 3 months after injury

Patellar Dislocations

1. Patellar stabilization brace x 4 weeks
 - a. Continue to wear with all physical activity >20 minutes in future
2. Physical therapy to strengthen medial quads
3. Stretching of lateral structures (IT band)
4. If large effusion, recommend x-rays with Merchant view to evaluate for associated fracture

Overuse injuries

1. Apophysitis
 - a.
2. Bone stress injuries
 - a. Medial tibial stress syndrome (shin splints)
 - i. Imaging for any focal areas of pain
 - ii. Immobilize and rest x 2 weeks and repeat imaging
 1. Most initial imaging is negative
 - b. Stress reaction
 - c. Stress fracture
 - i. Gymnast wrist
 - ii. Little league shoulder
 - iii. Spondylolysis

Institutional guidelines for prevention of overuse injuries

1. Limiting 1 sporting activity to no more than 5 days per week
2. Minimum of 1 day off from organized physical activity
3. Focus on practice over competition 2:1 ratio
4. Participate in age appropriate play
5. Emphasis on free play
6. 2 to 3 months rest per year
7. Be a multisport athlete
8. One sport per season
9. Total training volume should not increase by more than 10% per week
10. Preseason core conditioning program 6-8 weeks before
11. Proper mechanics instruction