



CBBC is extremely fortunate to have two of the best injury management specialists supporting the club, Physiotherapist Adam Floyd from Regenerate Physiotherapy and Sports Podiatrist Darryn Sargent from Peak Podiatry. We hope you enjoy this special medical edition newsletter.



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Adolescent Overuse Injuries

By Adam Floyd

As our kids head towards finals in basketball, soccer, rugby, lacrosse, and AFL, many are also doing athletics at school. During this time of the year we see a huge increase in the number of adolescents presenting at the clinic with overuse injuries. These injuries often occur during a growth spurt (especially in males) and include:

- Bony stress injuries: Shin splints, stress fractures in the lower back or feet
- Tendon insertional pain: Osgood-Schlatters (knee) or Sever's disease (heel)
- Kneecap tracking issues: Also called patellofemoral pain
- General muscular and joint aches and pains

Kids complaining of pain is common and often many issues will resolve with no intervention. Parents often ask me how long they should leave it before bringing their child in for Physiotherapy assessment. As a guide most soft tissue injuries will heal in 2-6 weeks in kids given the right conditions for healing. If your child has complained about an injury/pain for more than a couple of weeks, it is not improving and it is starting to affect their performance on the court then that is a good time to bring them in. I have had a number of cases where the child has had the issue for 6 months or longer before assessment and this makes the injury more difficult to manage.

Management of overuse injuries can be tricky with finals approaching especially if they are doing multiple sports. It will usually involve a reduction in training load, strapping or bracing as indicated and exercises to correct any muscle imbalances/tightness/weakness that are contributing to the issue. Make sure you get any injuries sorted early and have a plan for the off-season (pre-hab) so that the issue does not re-occur next year.



"Make sure you get any injuries sorted now, so that your child can enjoy the rest of the season."

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HEEL PAIN IN CHILDREN

SEVER'S DISEASE

By Darryn Sargant

It is never fun watching your child limp off the basketball court, or sporting field, or not be able to participate. The condition occurs most commonly in children between the ages of 8 and 14 years, mainly around growth spurt years. Both boys and girls are equally vulnerable to this condition. Sports requiring lots of running, jumping, and other high impact activities are particularly associated with Sever's and as such basketball is a common association. Sever's Disease is an inflammatory tractional irritation to the growth plate of the back of the heel.



Sever's Disease is probably the most frequent cause of heel pain in children.

Sever's is characterised by activity-related pain that occurs on the back of the heel, where the Achilles tendon attaches on the heel bone, or Calcaneus. The child may have mild swelling in the area and tenderness to the touch. Pain is often associated with load and also after activity as the area cools down and stiffens. As such getting up in the morning, off the couch and out of the car can also cause a limp and altered walking.

Xrays are not usually required but a biomechanical assessment is necessary.

Management involves activity modification, gentle stretching of posterior leg muscles (care as stretching can sometimes make it worse), commonly a heel raise inserted into shoes and / or taping to de-load the area. Any biomechanical issues should be addressed along with strengthening of the foot and lower leg.

Peak Podiatry can play an important role in managing this condition. For further information please go to www.peakpodiatry.com.au

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ICE ICE BABY!

It's junior basketball and inevitably someone will get the odd bump, nose bleed or unlucky awkward landing. So when you need that band-aid or ice pack in a hurry, where exactly do you go, and how can you help your child, or someone else in need?

At Bendat, the First Aid room is centrally located near the back of court 3. On junior club days you can see the Games Controller or the Basketball WA venue officers at the front reception for help, as they are trained in first aid. You may also enter the first aid room by yourself on junior club days to access the medical kit and pre-bagged ice from the first aid room freezer. You should always leave the room clean and as you have found it.



BWA venue officers and Games Controllers are available to assist you in the event of a mishap or injury, however, it is not their job to diagnose injuries and therefore in the event of anything more serious than a cut or bump the parent or caregiver is always directed to see a doctor, physiotherapist or hospital Emergency Room if needed.

SPECIAL THANKS TO



Regenerate Physiotherapy in Wembley

<https://regeneratephysiotherapy.com.au>



Peak Podiatry in Subiaco

<https://peakpodiatry.com.au>



APE Medical Suppliers in Osborne Park

<https://www.apemedical.com.au>



Solas Orthodontics in Wembley

<https://solasorthodontics.com.au>

For on court injuries where a player needs help you can ask the Games Controller for assistance to help move a player to safety, or call an ambulance where necessary and follow the safest first aid practice for the situation at hand.

Minor injuries do not require any paperwork, but for injuries that keep a player from returning to the court, parents and caregivers can fill out an Incident Report with the Games Controller. All registered CBBC players pay a portion of their fees to cover insurance. More details on insurance can be found by visiting the website below.

<https://vinsurancegroup.com/basketball/>