

Soccer and Pain

How much pain is too much?

We are often asked by parents of athletes, “How much pain should my child have before I need to take him/her to a doctor?” This question may seem strange, but we have found that many parents want their children to be tough, not complain and work hard. It is important to encourage your kids to speak up if they are having pain. There’s nothing wimpy about taking care of your health and, maybe even, your life.

According to the American Academy of Orthopaedic Surgery, every year more than 3.5 million children ages 14 and younger are treated for sports injuries. These injuries can cause permanent damage and increase the chances of surgeries and arthritis later in life. If an injury does occur, early diagnosis and a proper treatment is the key to a successful recovery.

Treatment depends on the type of injury.

- Traumatic injuries, such as a muscle tear, broken bones, and dislocation of a joint usually result in intense pain and require immediate medical attention. If you take your child to the emergency room they may take x-rays, give you a splint or crutches, provide pain medicine, and refer you to an orthopaedic physician. It is important to follow up with a sportsmedicine/orthopaedic physician who is knowledgeable about soccer to ensure proper care and sports specific rehabilitation of the injury.
- Prolonged immobilization can lead to more problems. Doctors who prescribe rest only are not helping to fix the problem. A comprehensive physical therapy program to regain full motion and provide strengthening for the entire limb is extremely important. This can ensure a faster rehabilitation as well as a decreased chance of re-injury.
- Overuse injuries are more difficult to diagnose and treat because they are usually subtle and occur over time. Overuse injuries are the result of repetitive micro-trauma. When repetitive trauma affects the tendons, bones and joints, overuse injuries develop. Nearly 50% of all injuries sustained by middle school and high school students during sports are overuse injuries. Common examples runners knee, Achilles tendonitis, shin splints and stress fractures.

Nirschl Orthopaedic Center is a leader in sports medicine and general orthopedic services. In addition Virginia Sportsmedicine Institute physical therapy has been rated one of the top sports medicine clinics in the area. If you have an orthopaedic injury, schedule an appointment with one of our doctors today by calling our Arlington, VA location at (703) 525-2200. Visit our websites at www.nirschl.com and www.vasportsmedicine.com to learn more about our services. For more info on orthopaedic issues visit our blog at www.nirschlorthopaedic.com