

Athlete's Returning to Sports

It's that time of year again. Dust off the cleats and pump up the soccer balls, volley balls and footballs! Preseason is in full swing and double sessions leave athletes very sore and extra tired! In preparation for returning to athletics here is a list of things to consider.

New footwear is usually required at the beginning of the season. The growing adolescent tends to quickly grow out of last year's cleats and sneakers. It is important to have proper fitting footwear to prevent blisters. Supportive footwear provides stability for the ankle, as well as the knee, hip and back.

Check all other equipment to ensure it is in good condition. Shin guards, knee pads, and protective pads should still fit properly and have the sturdiness to protect the athlete. A water bottle should be brought to practice and games for hydration. Light-weight "breathable" fabric is best during the warm weather.

Physical preparation for the sport season will help decrease soreness and prevent injury. Athletes should remain active between seasons and throughout the summer. This will make the physical conditioning during practice easier. Stretching maintains flexibility and decreases muscle pulls. Sport specific drills and training are also important to improve skills during the off-season.

The more prepared an athlete is for the sport season the easier the transition into preseason will be, for both the athlete and parents.

The above is intended as general information only. Be sure to contact your physician for advice or your own specific medical problems.