

Rocky Mountain Hockey Schools

THE SKILL DEVELOPMENT SPECIALISTS



GROWING UP- ACHES & PAINS

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Dealing with children pains.

Children grow at all different rates, which may lead to physical pain while participating in their sport. Establish clear lines of communication to help determine growing aches and pains versus actual sports related injuries.

Getting a proper evaluation is always the most important, yes the internet is a great resource but getting a trained professional's hands on the patient and using their training is important. Athletic Trainers are starting to be in most high schools across the country and they are also at most tournaments. Hockey is a contact sport with a higher injury risk, so there should be an Athletic Trainer at most games as well. If they aren't around all the time, try and take advantage of them being at a tournament you're attending. They are paid to be there, so take advantage and get a proper evaluation by an Athletic Trainer.

Doctors are also available, however; try and find a doctor that has an orthopedic or sports medicine background. These doctors understand sports injuries the most and the timeline specific injuries need for rest and recovery prior to return. Sports Medicine and orthopedic doctors usually have great contacts with Physical Therapy clinics for treatment and rehabilitation if that is needed and an athletic trainer isn't available at your school.

Use your resources and remember your child is growing, developing, and changing. Be smart about injury recovery, your child has a long career and life ahead of them!

Have a healthy, fun and injury free summer with the Rocky Mountain Hockey Schools!

I am always available for questions at
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