

FRIDAY, MAY 27, 2011

## Talk on Sports Injuries

Injury patterns in youth and high school sports vary by the sport. For instance, soccer has fewer injuries to the shoulder and elbow than does softball or baseball. Some injuries, such as concussions, can vary according to the sport, as well as by the age and size of the participant.

Although participation in sports carries with it the risk of injury, there are methods to reduce those risks.

These range from appropriate preseason training and preparation, proper coaching and equipment, to specific injury prevention training programs.

This was some of the information covered in Making Youth Sports

Safe & Enjoyable," a presentation made at the Foundation for Community Health's Medical Education Event, held May 18 at the Wake Robin Inn in Lakeville.

The presenter, Dr. Carl W. Nissen, M.D., director, Elite Sports Medicine, Connecticut Children's Medical Center and associate

professor, department of orthopaedics, University of Connecticut School of Medicine, spoke to a room filled with members of the medical, science and academic community from New York, Massachusetts and Connecticut.

Events such as this are presented by the Foundation for Community Health in an effort to provide access to current and relevant

information to its community. Previous medical education presentations have included topics such as tick-borne diseases, personalized medicine and an evidence-based approach to obesity.

The Foundation is dedicated to improving the health of the people living in its service area through funding, advocacy, outreach and collaboration.