

# SPORTS SAFETY SERIES

The Washington University and St. Louis Children's Young Athlete Center has developed a series of interactive injury prevention and educational programs designed to improve the overall health of young athletes. We offer the programs to private groups of 15 or more, taught at the St. Louis Children's Hospital Specialty Care Center or at the group's requested location. Parents and children attend together so both can learn side-by-side. These 45-60 minute programs are available on the following topics:

## RUNNER'S 10™

This interactive program is **designed to help runners of all ages prepare for running and reduce the chance of injury**. Created and taught by expert physical therapists and athletic trainers from the Young Athlete Center, this program is made up of approximately 10 exercises specifically designed to help stretch or strengthen muscles that are activated during running. This program is a great opportunity for runners to learn how to prevent common running injuries and become better athletes.



**Recommended age: 7 and older**

## STRENGTH TRAINING

The Young Athlete Center has developed an interactive program **designed to teach young athletes how to properly participate in strength and weight training**. Under close professional supervision this program will teach athletes and parents about the common "do's and don'ts" of strength training. The program will focus on:



- Proper form and technique
- Proper frequency, duration, and resistance
- Common injuries associated with strength training and guidelines for injury management

**Recommended age: 10 and older**

## FIFA 11+ INJURY PREVENTION WARM-UP

The FIFA 11+ and 11+ Kids were designed by a group of experts from FIFA and are intended to replace the usual soccer warm-up. Research shows that, if done properly, these exercises can significantly reduce the risk of injury to soccer players. Expert physical therapists and athletic trainers from the Young Athlete Center will **teach players, coaches, and parents the proper technique and form to help keep players on the field**. With minor adjustments, FIFA 11+ exercises have been shown to decrease injuries in other sports as well.



**Recommended age: 7-13 for FIFA 11+ Kids program  
14 and older for FIFA 11+ program**

## THROWER'S EXERCISES

The Young Athlete Center has developed a program of 20 exercises **designed to increase muscular strength and decrease injuries in overhead throwing athletes**. These exercises strengthen the key muscles used in pitching and throwing, focusing on the rotator cuff muscles, upper arm, and the muscles which control the shoulder blade. These simple exercises, based on the "Thrower's Ten" workout model, will help athletes get in tip-top shape for softball and baseball season.



**Recommended age: 8 and older**

## CONCUSSION EDUCATION

The Young Athlete Center has designed an educational program about concussions which incorporates **best practices for prevention and management, signs and symptoms, common myths, appropriate care, expectations for returning to play, and much more**. This program is intended for coaches, parents, players, and anyone involved in athletics who would like to learn more about concussions and how to manage them safely.



**Recommended age: 10 and older**

## REQUEST A PROGRAM

To request one of the above programs for your group, visit [StLouisChildrens.org/SportsSafety](http://StLouisChildrens.org/SportsSafety).

## Young Athlete Center

