

Time for Fall Sports

With summer coming to and end, and school back into session, it is time for all of the fall sports. Many young athletes have been practicing and training for most of the summer, others are jumping right into their favorite sports and activities.

I enjoy this time of year when Friday night football starts up, I have attended East Central's home games for the last three years and will be on the sidelines again this year to make sure we keep our players healthy and quickly address any issues that come up during the games.

We just finished the last of our high school pre-participation physicals. We had an amazing turnout this year with 382 students from East Central, 300 students at Beacon West and a total of 1501 students Beacon wide. It is so important to keep our kids safe as they play, and a pre-participation physical is a great start to any sports season.

I see young athletes in my office every week that suffer



from overuse injuries. Too much of a good thing can be harmful, especially when it comes to children playing sports. The way youth sports are organized these days, there are requirements that children specialize at a very young age. This results in repetitive movements in children that are skeletally immature which leads to overuse injuries. This is also caused by year around sports that leave little time for rest and recovery.

Over training with little rest can lead to a breakdown of the adolescent musculoskeletal system. Overuse leads to microtrauma from repetitive stresses without sufficient time to heal and undergo the natural healing process. The risk of overuse is more serious in young athletes because the skeletal system is still developing and cannot handle as much stress as

mature bones. This can cause strains, sprains, stress fractures, etc., from over training. When they spend 9 months out of the year throwing a baseball, there arm is going to fatigue and fail unless there is time for adequate rest and recovery.

Muscle imbalance is another problem I see a lot in cross country runners. The repetitive running motion causes certain muscles to be well developed



and others are very weak due to the lack of cross training. It is important for the kids to be involved in a variety of activities. This not only prevents their body from breaking down, but also prevents mental burn out. A variety of activities will allow the youth to prevent overuse injuries and allow them to enjoy their particular sport.

Have a safe and happy end to your summer and I will see you on the sidelines at a game or in my office if you need me. My

team and I are in Batesville, IN on Tuesday mornings and available in our Beacon West office Monday through Friday

and also have a walk in clinic at Beacon West on Saturday's from 8a – 10p. Let us know if we can help.

Dr. Argo is fellowship trained and board certified in orthopaedic surgery and sports medicine. He is the team physician for East Central High School, Oak Hills High School, The College of Mt. St. Joseph and the medical director and team physician for the Cincinnati Cyclones. Dr. Argo sees patients at the Beacon West and Batesville locations also providing a Saturday sports injury clinic for your convenience. www.doctorargo.com



**Call today for an appointment
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