

INJURY PREVENTION FOR FEMALE ATHLETES



Injury:

hurt or damage leading to loss of participation, loss of training and competition, and removal from a team or sport program.

Women and girls are at increased risk for certain injuries because of biomechanical, physiological, and psycho-social differences between females and males. Addressing the issues is important to support healthy growth, maturation and development, and successful athlete development and performance.

Mechanical Injuries

Issue:

Acute and chronic injury to the anterior cruciate ligament, patellofemoral joint, and shoulder area.

Prevention: Improve sport-specific movement patterns, strength and conditioning, balance and core stability, and flexibility.

Issue:

Concussions
Prevention: Educate about and implement the national concussion guidelines to support diagnosis, management, and recovery.

Energetic Injuries

Issue:

Poor nutrition and caloric restriction can hamper participation, training and competition, and negatively impact growth and maturation.

Prevention:

Provide nutrition education for athletes, coaches and families; educate athletes about the links between proper nutrition, their menstrual cycle, and future bone health.

Psycho-social Injuries

Issue:

Injuries of the “heart” (e.g. self-doubt, failure, rejection, criticism from others) can have short and long-term impacts on participation and competition.

Prevention:

Intentionally create positive environments - develop social connections and acceptance, pair positive and constructive feedback, build skills to enhance confidence, and provide female role models.

For more information Contact:



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Recommended resources:

The Female Athlete Perspective at:
www.sportforlife.ca

Actively Engaging Women and Girls:
Addressing the Psycho-Social Factors
at: <https://womenandsport.ca/resources/publications/actively-engaging-women-and-girls/>

Concussion Guidelines at:
www.parachute.ca

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