INJURY PREVENTION FOR FEMALE ATHLETES

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.

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.

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.

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