

www.westfieldhighsportsmedicine.com

## Prevention and Treatment of Athletic Injuries

Westfield High School  
Houston, Texas

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---



www.westfieldhighsportsmedicine.com

## Protective Sports Equipment

- Commercial Equipment is equipment bought from a sporting goods dealer.
- Prophylactic Equipment is equipment designed to prevent injuries or to protect injuries from occurring.
- Customized Equipment is equipment that is designed for one individual's needs of protection.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---



www.westfieldhighsportsmedicine.com

## Helmets needed in

.....

- Football
- Baseball
- Hockey
- Softball
- Track
- Rodeo
- Boxing
- Soccer

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

**Football Helmets**



- NOCSAE - National Operating Committee on Standards for Athletic Equipment: developed certification standards for football helmet certification.
- Approved helmets must protect against concussive forces that may injure the brain.
- Concussion usually caused by collision from another player or turf.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

**Football Helmets**



- Schools - provide quality helmets
- NOCSAE Approved, annually
- Must have assumption of risk sticker on the helmet

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

**Football Helmets**



- **WARNING:** Do not strike an opponent with any part of this helmet or face mask. This is a violation of football rules and may cause you to suffer severe brain injury, including paralysis or death. Severe brain or neck injury may also occur accidentally while playing football. **NO HELMET CAN PREVENT ALL SUCH INJURIES. USE THIS HELMET AT YOUR OWN RISK.**

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

www.westfieldportsmed.com

## Football Helmets



- When fitting a helmet, wet players hair
- Follow manufactures guidelines
- Call manufacture and get video
- Check routinely for fit
- Change in altitude will change the fit of the helmet, Why and How??

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

www.westfieldportsmed.com

## Football Helmets



- Chin Strap
- 2 point straps, almost extinct
- 4 point, do not screw in helmet
- Jaw (not ear) Pads - Must fit snugly
- Want metal face mask that are full vinyl covered

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---


---

www.westfieldportsmed.com

## Football Helmet Fitting



- Pull down on the facemask to check proper fit - It should not move.
- Some skin movement is going to happen.



Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Football Helmet Fitting



- Turn the helmet to position on the athlete's head
- Get the helmet in the position that the athlete will have it during participating in game



Westfield High School Sports Medicine  
Home of the Mustangs

www.westfieldportsmedicine.com

---

---

---

---

---

---

---

---

## Football Helmet Fitting



- Push down on the helmet; there must not be any movement
- The athlete must feel the helmet on the top of his head



Westfield High School Sports Medicine  
Home of the Mustangs

www.westfieldportsmedicine.com

---

---

---

---

---

---

---

---

## Football Helmet Fitting



- Rock the helmet back and forth; there must not be any movement
- A snug fit is the key here, as with all points of fitting



Westfield High School Sports Medicine  
Home of the Mustangs

www.westfieldportsmedicine.com

---

---

---

---

---

---

---

---

## Football Helmet Fitting



- Check for snug jaw pad fit
- use a tongue depressor to test
- Place the depressor between the cheek and pad; it should be held snugly and take a little effort to remove



Westfield High School Sports Medicine  
Home of the Mustangs

www.westfieldhighsportsmedicine.com

---

---

---

---

---

---

---

---

## Football Helmet Fitting



- Proper adjustment of the chin strap is needed to ensure proper fit of helmet
- too loose, may come off, too tight, hamper mandible



Westfield High School Sports Medicine  
Home of the Mustangs

www.westfieldhighsportsmedicine.com

---

---

---

---

---

---

---

---

## Batting Helmet



- Batters, On Deck Person, Runners, Must wear a helmet
- Difficult to determine if they actually have enough padding to dissipate the energy of a baseball or softball
- ONLY wear helmets with ear protection
- Little League helmets are safer than Pros

Westfield High School Sports Medicine  
Home of the Mustangs

www.westfieldhighsportsmedicine.com

---

---

---


---

---

---

---

---

**Catcher's Helmets** 

- Have all catchers wear a helmet
- Don't fall into the coaches reasoning, if the catcher is good, they will always face the ball.
- Bat is the object you must be concerned with.
- WEAR a FULL helmet, not just a cap helmet

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

**Face Protection** 

- Four Categories
  - Full Face Guards
  - Mouth Guards
  - Ear Guards
  - Eye Protection Devices

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

**Full Face Guards** 

- Football
- 2 Bar Open, 2 Bar Closed, 3 Bar Open, 3 Bar Closed, Special Design
- NEVER drill in the helmet, have reconditioning representative do it
- Attaching a non-approved facemask to a helmet can void warranty

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Full Face Mask



- Baseball / Softball
- Good vision a must
- Throat Protection



Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

## Mouth Protection



- Majority of dental trauma can be prevented by wearing PROPERLY fitted, customized, intraoral mouth guards.
- Also prevent concussion
- Prevent lacerations to lips, cheeks, fractures to mandible

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---


---

---

## Mouth Protection



- Proper Fit = Comfort, tight fit, unrestricted breathing, unimpeded speech
- NEVER CUT mouth piece to cover only front teeth
- Do not chew on mouth piece



Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

www.westfieldhighsportsmedicine.com

## Ear Guards



- Wrestling
- Water Polo
- Boxing
- Marksmanship / Rifle

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

www.westfieldhighsportsmedicine.com

## Ear Guards



- In wrestling, boxing and water polo ear guards are to protect against cauliflower ear
- Ear Plugs protect the ear drum from the loud noise of shooting.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

www.westfieldhighsportsmedicine.com

## Eye Protection Devices



- Most injuries are from blunt trauma
- Glasses - better vision, keep slipping
- Sport Specs
- Contact Lenses - but can fall out
- Eye and Glass Guards - used as precaution
- More precaution is needed for this anatomy

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Neck Protection



- According to experts in cervical injuries, the major value of commercial and customized cervical collars is to serve as a reminder to the athlete to be cautious rather than to provide a definitive restriction.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Neck Protection



- “Horse Collars” typically used in high schools can predispose that athlete to injury if they are improperly placed on the shoulder pads!!

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Catcher Chest Protector



- Cover thorax region
- cover non-throwing shoulder
- added protection to throwing shoulder



Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Football Shoulder Pads



- Two general types
  - Flat
    - Quarterbacks
    - Receivers
  - Cantilevered
    - Linebackers
    - Linemen
    - Defensive Backs

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Football Shoulder Pads Fitting



- Measure the width of the shoulder to determine pads size
- Inside shoulder pad to cover end of shoulder
- Cups cover the deltoid muscle
- Allow arms over head but not allow shifting

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---



Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

www.westfieldportsmedicine.com

## Rib Protection



- Flax Jacket
- Bike Rib Protector

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

www.westfieldportsmedicine.com

## Added Protection



- Hips - Football, Softball, Volleyball, Boxers, etc, etc.
- Usually worn in a girdle

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

www.westfieldportsmedicine.com

## Limb Protection



- Neoprene Sleeves
- Commercial Pull on Pads
- Special Custom Pads
- Shoes
  - Can cause structural damage

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

## Additional Padding



- The remainder of the pads and braces will be covered in the future when we cover the information over the specific joint or body part.

www.westfieldhighschoolsportsmedicine.com

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---