

Student Athletes Are Hiding Injuries — Here's What You Need To Know

By Jena Ritchie, NBC-HWC | Moon Valley Chiropractic

School sports are gearing up, and here's some news that every coach, parent, and athlete needs to know: a concerning finding has been reported in a recent review published in the *Journal of Athletic Training*, which surveyed 564 teenage athletes. Here's what it revealed: More than 80% of these athletes reported experiencing a musculoskeletal injury, yet as many as 77% didn't report it to a coach, parent, or medical professional. Why?

Just 24.9% would report an injury if it had a clear impact on their performance. Only 36.5% said they'd report the injury when pain first appeared — meaning the majority of teens are continuing to play without telling anyone they're hurt. Alarmingly, if it meant they would be prevented from playing, only 37.4% would speak up. And even more troubling, 53.7% of the athletes stated that they would only report an injury if they understood it to be severe.

Early intervention matters! We have a responsibility to help our student-athletes recognize when they are injured and that seeking treatment can help preserve and prolong their enhanced performance. Even minor injuries can lead to long-term problems if left untreated. Sore joints, sprains, or repetitive-use injuries should be addressed promptly to hasten healing and prevent lasting damage. Moon Valley Chiropractic is intentionally equipped to provide effective, non-invasive treatment for these types of injuries— but it's only possible if the athlete seeks help. The good news is, teens who understand more about injuries — and feel supported by those around them — are more likely to speak up.

Education and support from parents, coaches, and providers make a big difference. Dr. Jamey Reichow is a specialist in providing safe and effective care of sports-related injuries for all ages. He is credentialed in the field, with relevant post-doctoral education and professional experience working with top sports teams and athletes in Arizona. The earlier an injury is addressed, the better the outcome — and that starts with helping our aspiring student-athletes feel safe about receiving care.

Let's keep our student-athletes healthy, strong, and in the game — safely. Call Moon Valley Chiropractic at (602) 298-0292 to schedule a visit.

