



香港中文大學醫學院  
Faculty of Medicine  
The Chinese University of Hong Kong

**CUHK SPORTS  
MEDICINE**  
中大運動醫學

# Common Sports Injuries and Prevention in School



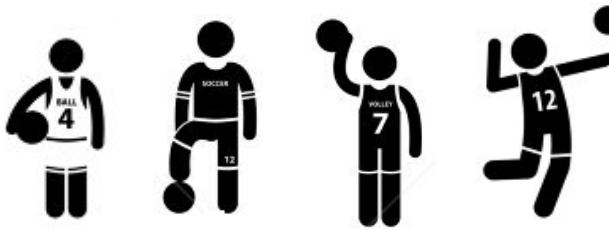
香港中文大學 矯型外科及創傷學系(骨科) 威爾斯親王醫院  
Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong, Prince of Wales Hospital.



# Sports Injuries in Local Youth Athletes



**16 local secondary schools (2015)**



**779 athletes participated**



**~ 70% at least one injury  
over the year**

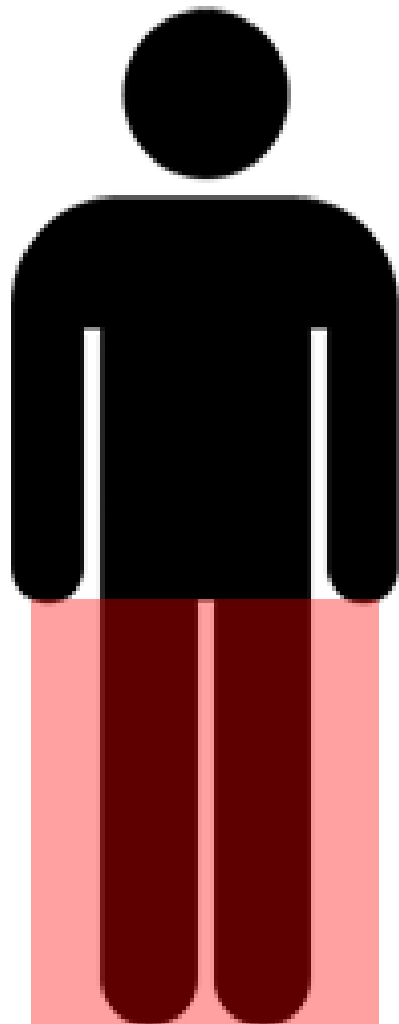


**~50% Moderate (rest 0-3 days)  
5% Severe (rest >28 days)**

# Local Youth Athletes -

## Most common injury in body region

**32%**  
**Upper Limb**



**68%**  
**Lower Limb**



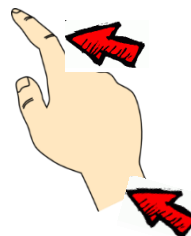
**26% Ankle**



**16.6% Knee**

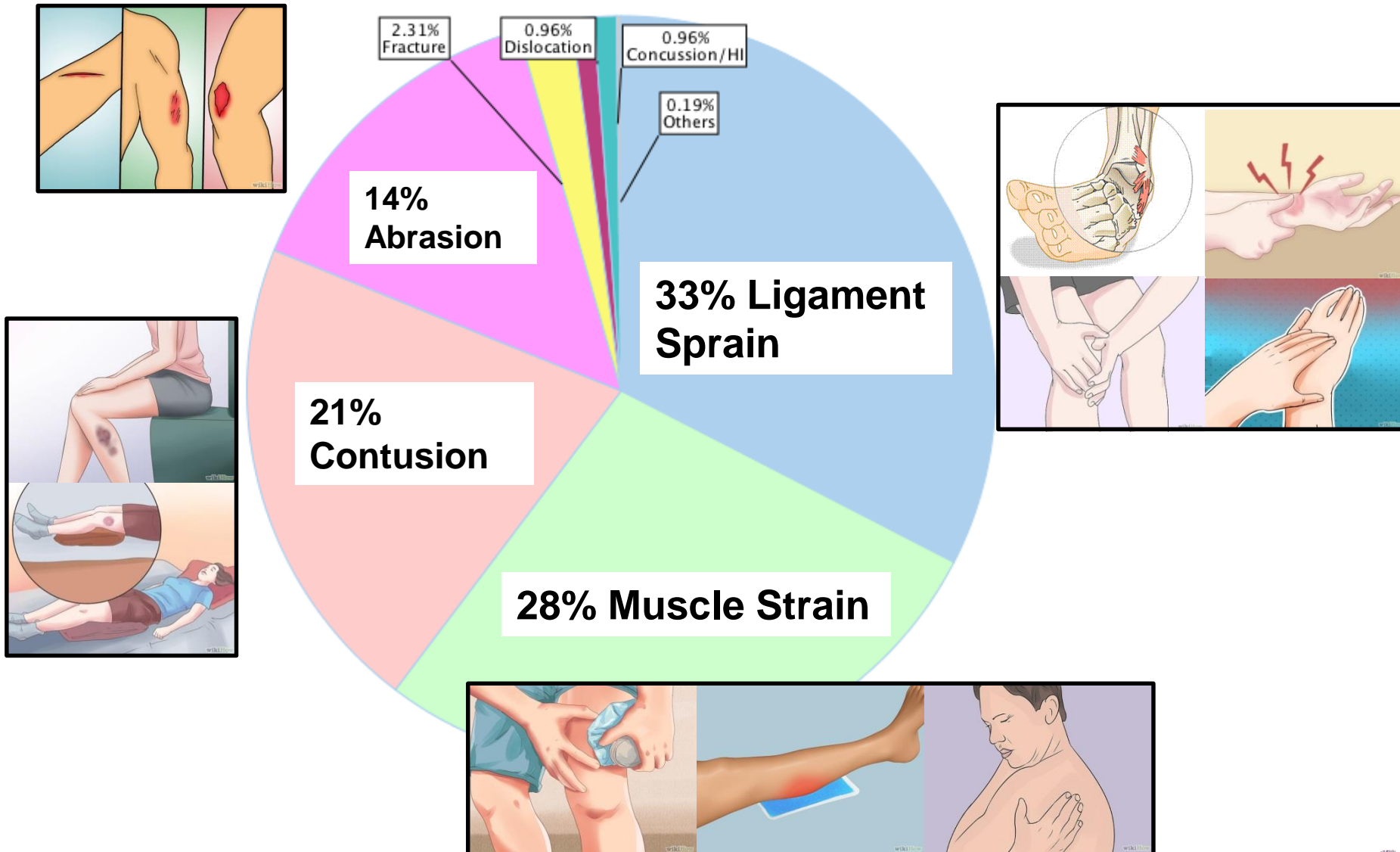


**13.4% Hamstrings**







**13.4%**  
**Wrist & Finger**

# Common Types of Sports Injury



# Different sports have different injury types - HOW TO PREVENT?

Rank	Basketball 	Soccer 	Volleyball 	Handball 
1	ANKLE Ligament Sprain	ANKLE Ligament Sprain	ANKLE Ligament Sprain	ANKLE Ligament Sprain
2	WRIST & FINGER Ligament Sprain	HAMSTRINGS Muscle Strain	HAMSTRINGS Muscle Strain	WRIST & FINGER Ligament Sprain
3	HAMSTRINGS Muscle Strain	CALF Muscle Strain	KNEE Contusion	HAMSTRINGS Muscle Strain
4	KNEE Ligament Sprain	CALF Contusion	KNEE Abrasion	TOES Contusion

# Sports Injury Prevention for Youth Athletes

- (i) The pre-season physical examination;**
- (ii) Medical coverage at sporting events;**
- (iii) Proper coaching;**
- (iv) Adequate hydration;**
- (v) Proper officiating; and**
- (vi) Proper equipment and field/surface playing conditions.**

Terry A, Tina L. Overview of Injuries in the Young Athlete. Sports Medicine 2003, Vol 33: 75–81

# Sports Injury Prevention for Youth Athletes

## (i) The pre-season physical examination

- To rule out the intrinsic risk factors (body composition, fitness level, skill level, previous injury etc.)



Terry A, Tina L. Overview of Injuries in the Young Athlete. Sports Medicine, January 2003, Volume 33, Issue 1, pp 75–81

# Sports Injury Prevention for Youth Athletes

## (ii) Medical coverage at sporting events

- Provide immediate care to the injured athletes
- Ensure safe return to play for injured athletes



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# Sports Injury Prevention for Youth Athletes

## (iii) Proper coaching

- Proper sports specific warm up and cool down can reduce the rate of sports injury

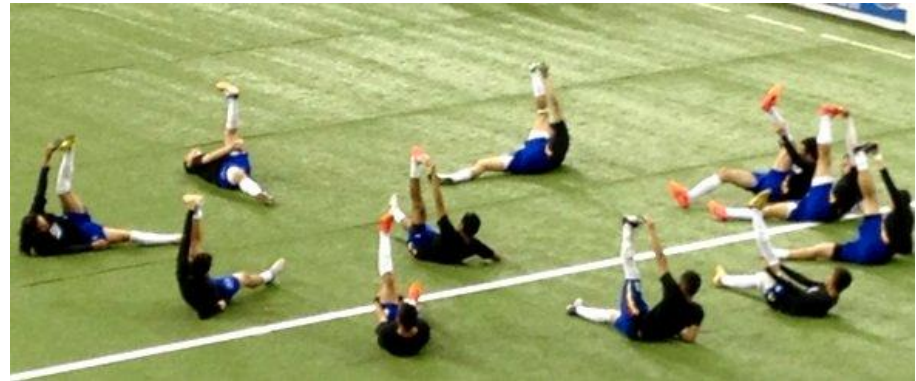


✓✓✓ Can reduce the risk of injury:

overall injury 30%

severe injury 45%

overuse injury 50%



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# Sports Injury Prevention for Youth Athletes

## (iv) Adequate hydration

- Always overlooked by coach and players

✓✓✓ Suggested hydration plan:

Pre-exercise – 500ml one hour before game/training

In-exercise – 150ml every 15-20 mins

Post-exercise – rehydrate 150% of the body fluid loss



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# Sports Injury Prevention for Youth Athletes

## (v) Proper officiating

- **Administering the rules and laws of the sport to ensure the proper conduct of a sporting fixture in a safe environment.**



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# Sports Injury Prevention for Youth Athletes

## **(vi) Proper equipment and field/surface playing conditions**

- Sports specific protective equipment (Comply with the rules of the sport, fit properly...)
- Playing surfaces (Condition of floors, holes, sprinkler covers, type of grass, fencing...)
- Weather conditions (Temperature, UV...)
- Other environmental risk factors

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# Make Sports Safer

全民皆



# Everyone is a soldier



# Sports Trainer Course

## 運動創傷防護員課程

- ✓ First course in Hong Kong  
(Since 2012)
- ✓ Initiated by The Chinese  
University of Hong Kong  
and HKASMSS
- ✓ Co-developed by Sports  
Medicine Australia
- ✓ More than 300 trained  
sports trainers



# 運動創傷防護員日常工作

臨場評估傷勢

即時適當護理

預防受傷 – 運動包紮, 運動按摩

預防受傷 – 熱身和恢復訓練

重返運動復康訓練

教育及分享



**CUHK SPORTS  
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# 向運動創傷說不

## Stops Sports Injury Now



主頁

預防運動受傷的方法

運動創傷的處理

最新消息及活動

關於我們

### 最新消息

**2016-02-01**

#### 預防運動受傷的方法

請支持我們的年輕田徑選手！我們的團隊支援了近日舉辦的聯校田徑賽。田徑選手參與了由我們現場...

**2016-03-08**

#### 運動創傷預防和處理工作坊

本計劃在瑪加利里女英文中

### 熱點推介

#### ● 處理急性運動創傷的黃金24小時

在急性運動創傷後的24-72小時內，是我們治療創傷的重要時刻。當軟組織受損時，血管通常亦有破損，血液堆積和壓逼受損組織和相鄰的組織，這會導致缺氧令組織進一步損傷...

#### ● 扭傷處理

足踝扭傷(拗柴)是一種非常常見的創傷，無論你是運動員與否、任何人都有機會發生。大部分的足踝扭傷意外發生於運動時，但亦有可能是行路地面不平而發生...

### 計劃詳情

為了減少青少年運動創傷，香港中文大學矯型外科及創傷學系啟動了「向運動創傷說不」的企劃，志在推動安全參與運動，及認識運動創傷的處理和預防方法。企劃為各中小學及社區舉辦工作坊，分享運動醫學知識，現特設此網站，方便市民了解更多相關資料。

網站: <http://stopsportsinjurynow.ort.cuhk.edu.hk/>



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**LOVE SPORTS  
PLAY SMART**



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