



## Central Ohio YMCA and Nationwide Children's Hospital Partner To Provide Sports Medicine and Injury Prevention Resources

Nationwide Children's Hospital is proud to partner with the YMCA of Central Ohio to assist in the development of appropriate conditioning schedules, proper nutrition and guidelines to avoid injuries in young athletes. The YMCA of Central Ohio aspires to empower our youth to discover who they are and what they can accomplish with programs that are developed with the safety and healthy development of children in mind.

At this meet, you will find some helpful information at the Nationwide Children's Sports Medicine table. On Saturday from 9 am-1 pm and Sunday 1-5 pm, stop by and learn how to build a healthy meal for optimal performance at practices and meets. On Saturday from 1-5 pm and Sunday from 9 am-1 pm, come over to be screened for core strength. Learn how your deficits relate to your performance and injuries as well as a demonstration of corrective exercises. In addition, articles about nutrition, training, and exercise will be available.

### Stretching

Flexibility is an important part of fitness. Stretching increases the flexibility of muscles. Muscles tend to be very tight in pre-teen and early teen children because they are going through a growth spurt. Children this age need to pay particular attention to stretching when participating in activity. For example, swimmers often have tight rotator cuff muscles. Generally, stretching 3 times for 30 seconds after practice can help to improve flexibility.



### Hydration

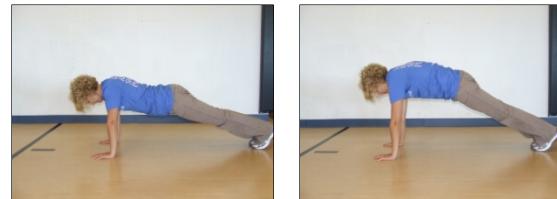
Swimmers often forget to hydrate until it's too late. Because they are in the water, they can't feel how much they are sweating. By the time you are thirsty, you are already dehydrated! Dehydration can negatively affect your performance in the pool. So, to properly hydrate:

- Drink 6-8 oz. of cold water 2 hours before activity.
- Drink 8-12 oz. cold water 30 minutes before activity.
- Urine should be clear to light yellow in color if properly hydrated.

## Shoulder Pain in Swimmers

Up to 80% of all swimmers will experience shoulder pain during their career. Because of the repetitive motion in swimming, the muscles around the shoulder joint often fatigue, causing faulty mechanics which can lead to pain. Some swimmers strengthen their rotator cuff muscles, but often neglect the muscles that stabilize the shoulder blade. These muscles are just as important in overhead motion because the shoulder blade and shoulder joint must work together to produce proper movement of the shoulder. One exercise that works one of these key muscles is below. Start in a push-up

position. Keeping the arms straight, lower the chest so the shoulder blades come together. Then, push up so the mid-back is rounding. Generally, completing 3x 10-20 with good form is sufficient to strengthen these muscles. This exercise is a good core workout as well!



## Sports Drinks, Energy Drinks and Water

Sport and energy drinks are common fluids children and adolescents reach for before, during and after physical activity. Sport drinks are beverages that contain nutrients that are often lost during vigorous exercise. Because of the high sugar content, over-consumption of these beverages can lead to weight gain and tooth decay. Eating a well-balanced diet will adequately provide the electrolytes you need. Sports drinks can play an important role in an athlete's recovery if the athlete is engaged in prolonged vigorous activity. A good rule of thumb is to save sports drinks for intense exercise that lasts for more than an hour or that takes place in very hot or humid conditions. In addition to sugar, energy drinks contain substances such as stimulants claiming to boost energy. The main stimulant in an energy drink is usually caffeine, which actually depletes water from the body which can lead to dehydration during exercise. The stimulants in energy drinks can also pose other potential serious health risks in children and adolescents including adverse effects on their developing hearts and brains. Another problem is that energy drinks are not regulated by the U.S. Food and Drug Administration (FDA) and proper labeling of ingredients is not required.

Water is often overlooked as the best thirst quencher after an intense and high endurance activity. However, water is generally the most appropriate first choice for hydrating the body before, during, and after activity. Water is an essential part of a child or adolescent's daily diet. Water intake is important during intense physical activity because it plays an important role in keeping the body hydrated to help prevent premature fatigue and impair sports performance. It is important to increase water consumption throughout the day before an intense physically demanding activity to help prevent injury.

For the full versions of these articles and more information on these injuries and others, visit [NationwideChildrens.org/Sports-Medicine](http://NationwideChildrens.org/Sports-Medicine).