



CPR—Sports medicine links

Contemporary Pediatrics Resources



Children are more likely to be active, thanks to school and extracurricular sports programs. Add to that the increasing number of sports heroes who treat their bodies like pincushions for better performance, and the number of kids with sports-related injuries is growing. This month's cover story (see p. 49) discusses many of the common hand and finger injuries you might encounter. These links can help you tell your patients how to minimize the chance of injury, and how to recover if they do pull a hammy or break a bone.

ACL Sprain/Tear:

www.nationwidechildrens.org/GD/Templates/Pages/Childrens/SportsMed/SportsMedLongContent.aspx?page=4220

An informational page from Nationwide Children's Hospital of Columbus, Ohio.

The American College Of Sports Medicine:

www.acsm.org

Founded in 1954 in Indianapolis, ACSM boasts 20,000 members around the world.

American Sports Medicine Institute:

www.asmi.org

An underdeveloped page from the ASMI, located in Birmingham, Ala.

Canadian Association Of Sports Medicine:

www.casm-acms.org

Founded in 1970 in Ottawa.

Bicycling/In-Line Skating/ Skateboarding Safety:

www.lpch.org/DiseaseHealthInfo/HealthLibrary/safety/whlhub.html

An informational page by Lucile Packard Children's Hospital of Stanford.

Concussions:

www.barnesjewish.org/orthopedics/default.aspx?NavID=4257

An article from Barnes Jewish Hospital of St. Louis.

Dislocations:

www.childrensnyp.org/mschony/P02756.html

An informational page from the Morgan Stanley Children's Hospital of New York, NY.

Female Athlete Triad:

www.chkd.org/HealthLibrary/Content.aspx?pageid=PS032

An informational page from the Children's Hospital of the King's Daughters in Virginia.

Fitness And Sports Nutrition:

<http://nirc.cas.psu.edu/links.cfm?area=500>

A resource page from Penn State's Nutrition Information and Resource Center.

Growth Plate:

www.cincinnatichildrens.org/research/div/orthopaedics/growth.htm

An informational page from Cincinnati Children's Hospital Medical Center.

Heat-Related Illnesses:

www.chop.edu/consumer/your_child/wellness_index.jsp?id=-8450

An informational page from the Children's Hospital of Philadelphia.

Knee And Kneecap Problems:

http://orthopedics.seattlechildrens.org/conditions_treated/knee_and_kneecap_problems.asp

An informational page from Children's Hospital and Regional Medical Center of Seattle.

MRSA:

www.texaschildrenshospital.org/Parents/TipsArticles/ArticleDisplay.aspx?aid=1133

An informational page about staph infection from Texas Children's Hospital of Houston.

Osgood-Schlatter Disease:

www.mayoclinic.com/health/osgood-schlatter-disease/DS00392

An informational page from the Mayo Clinic of Rochester, Minn.

Overuse Injuries:

www.childrenscentralcal.org/printpage.asp?id=1462

An informational page from the Children's Hospital of Central California.

Tennis Elbow:

www.uchicagokidshospital.org/online-library/content=P02857

An informational page from the University of Chicago's Comer Children's Hospital.

Shin Splints:

www.eorthopod.com/public/patient_education/6460/shin_splints.html

An informational page from eOrthopod.com.

Soccer Safety:

www.childrenshospital.org/patientsfamilies/Site1393/mainpageS1393P201sublevel154Flevel175.html

An informational page from the Children's Hospital Boston.

Strains And Sprains Are A Pain:

www.kidshealth.org/kid/ill_injure/aches/strains_sprains.html

An information page from KidsHealth.com.

Weightlifting: How Young Is Too Young?

www.stlouischildrens.org/tabid/88/itemid/1822/Weightlifting-How-Young-Is-Too-Young.aspx

An informational page from St. Louis Children's Hospital.

Wrestling:

www.choa.org/default.aspx?ID=4556

An informational page on the sport's dangers by Children's Healthcare of Atlanta.

Water Safety:

www.llu.edu/lluch/safekids/safek8.html

An informational page for swimmers by the Loma Linda University Children's Hospital.