

OCTOBER MONTHLY NEWSLETTER

Happy October!

It's officially fall ya'll and with that comes all my favorite things, like bonfires, hoodies and of course football! I just love those Friday night lights!

With football season in full swing, you may have a kiddo playing on the field, which unfortunately means there is a chance of them getting hurt. Since no parent wants to see their favorite athlete get hurt and we can't exactly wrap them with foam for protection, we wanted to share some ways to help keep your kiddo safer on the field and reduce the risk of any injuries.

Here are 3 Easy Tips for Keeping your Favorite Athlete Safer on the Field.

TIP #1: MAKE SURE THEY KNOW THE SPORT

This may seem like a no brainer, but the chances of your athlete getting seriously injured are greater while they are still learning all the rules of the game. Making sure athletes are learning (and practicing) proper blocking and tackling techniques are the first most effective step to preventing head and spinal related injuries.

TIP #2: USE PLAYER MATCHING

For young athletes (especially football players), it's extremely important that they be paired or matched on the field with other athletes of the same size and skill, rather than age and grade level, due to kids developing at different rates. This gets tough when teams are small, but a good coach will always put the players safety first.

TIP #3: PRACTICE PROPER SELF-CARE

I don't want to sound all preachy, but you just can't skip self care, when trying to prevent sports injuries. If your athlete is tired, or dehydrated they are more likely to get injured while playing.

There are 4 ways make sure your athlete is ready to play this season:

1. **Get lots of sleep.** Kids have a lot on their plate, especially if they play sports. Making sure they get as much rest as possible will help their body heal faster as well as aid their reasoning and decision making on the field.
2. **Stay Hydrated.** Heat exhaustion and heatstroke are real threats for all athletes, not just kids. To help prevent both of those, make sure your kiddos are getting an average of at least 15 ounces of fluid before and after playing their game. They should also get about 15 ounces every 10 or 15 minutes, during the game. Doing this will help cut back on muscle cramps and headaches as well as increase their overall performance.



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If they experience any of these symptoms, make sure to seek medical attention as soon as possible.

Does your young athlete need a physical for their team? We can help! Give our office a call at 870-562-3594 and Jessica will get you scheduled as soon as possible!



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