

# Softball safety

## A parent's guide for keeping kids in the game.



Softball is a non-contact sport so the risk of injury is much lower than other sports. However, shoulder, knee, and ankle injuries are common. This reference guide provides information on softball injuries that require treatment.

### Shoulder injuries

Shoulder injuries are common injuries in softball. They are most often caused by overuse from repetitive pitching or throwing. Seek immediate medical care when the collar bone appears deformed or if the athlete indicates the shoulder is "out of socket." Symptoms include:

- Pain when performing the activity or sport
- Dull pain even at rest
- Intermittent swelling
- Loss of motion at the shoulder or wrist
- Decreasing performance

### Ankle injuries

The most common injury in sports is a **lateral ankle sprain**, which occurs in softball by rolling the ankle over the outside of the foot. A lateral ankle sprain causes damage to the ligaments just below the bone on the outside of the ankle. In some cases a "pop" is felt or heard by the athlete. Treatment varies with the severity of the injury.

- Mild sprains require rest but not necessarily medical treatment (follow the **PRICE** treatment plan, printed on pg. 2).
- Persistent swelling, pain, or any deformity should be seen by a physician.

### Head injuries

A concussion is a brain injury usually caused by a sudden jolt or a blow to the head or neck that disrupts normal brain function. An athlete does not need to be knocked out or have memory loss to have suffered a concussion. In fact, most athletes who suffer a sports-related concussion DO NOT lose consciousness.

### You may observe that an athlete with a concussion:

- Appears dazed or stunned
- Moves clumsily
- Is confused
- Answers questions slowly
- Has behavior or personality changes
- Exhibits unsteadiness
- Loses consciousness

### An athlete with a concussion may have:

- Headache
- Concentration or memory problems
- Nausea
- Double or fuzzy vision
- Balance problems or dizziness
- Feelings of being "in a fog"
- Sensitivity to light or noise
- Confusion

An athlete with signs of a concussion should be removed from play immediately and not allowed to return until evaluated by a doctor. Do not leave an athlete alone after a concussion.



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## (cont.)

### Dehydration

Softball players are at risk of dehydration if they don't get enough fluid to replace what is lost through the skin as sweat and through the lungs while breathing. It is important to drink plenty of fluids before, during, and after a workout or game. An athlete's performance can be impacted by even mild dehydration. Athletes should take a water bottle to school and drink between classes and during breaks so that they are well-hydrated before their workout. In addition:

- Water should be readily available when working out.
- Athletes should drink often, ideally every 15 to 30 minutes.
- Sports drinks are recommended for activities lasting longer than one hour to replace sugar and salt as well as water.

Early signs of dehydration can be non-specific and include fatigue, nausea, decreased athletic performance, headache, apathy, irritability, and thirst. Signs of advanced dehydration include dark urine, decrease in reaction time, dry lips and mouth, and disorientation.

### How to protect your child

- Schedule your child for an annual physical before playing sports.
- Monitor play and practice and encourage players to abide by the rules.
- Have a first aid kit handy and an emergency action plan in place.
- Keep sports fun! Remember to be positive and don't push kids to perform beyond their abilities.

### Bumps, bruises, twists, and muscle strains

These can affect all areas of the body. Recommended treatment is the **PRICE** formula:

- P**rotect the area with a sling or crutches, if necessary.
- R**est the injured area.
- I**ce the injury for 20 minutes at a time. Do not apply the ice directly to the skin.
- C**ompress the injured area with a wrap. Do not pull tightly, as this can cut off circulation.
- E**levate the injured area above the heart.

### Make sure your young athlete:

- Wears appropriate properly fitting safety gear, free of heavy wear and tear.
- Stays properly hydrated. Kids don't sweat as much as adults and need to drink plenty of fluids before, during, and after activity.
- Does warm-up and cool-down exercises before and after practices and games.
- Gets proper rest and avoids overdoing it.

### SSM Health Cardinal Glennon SportsCare

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis and St. Charles. We provide exclusive, direct access to comprehensive medical care for young athletes.

Specialists your child has access to include adolescent medicine physicians, cardiologists, emergency medicine physicians, neurologists, nutritionists, orthopedists, pediatric psychologists, physical therapists, pulmonologists, radiologists, and rehabilitation specialists. We also keep kids in the game through educational programs and supports for parents, coaches and athletes that focus on injury prevention, proper technique and overall athletic health.

For more information about SSM Health Cardinal Glennon SportsCare or to find a specialist for your athlete, call or text us **24/7 at 314-577-5640**.

Expert care for young athletes by SSM Health Cardinal Glennon Children's Hospital providers, **24 hours a day in the ER at:** SSM Health Cardinal Glennon Children's Hospital, DePaul Hospital, St. Clare Hospital, St. Joseph Hospital-St. Charles, St. Joseph Hospital-Lake St. Louis, Anderson Hospital, and HSHS St. Elizabeth Hospital.

During the COVID-19 pandemic, SSM Health ministries implemented enhanced safety measures, which are evaluated periodically based on COVID-19 transmission numbers. To ensure your protection and that of others, we continue to require face masks upon entry along with ministry-specific screening processes.