

Sentara Sports Medicine



NEWS FEATURE

High School Sports Put Players at Risk for Severe Injuries

More needs to be done to protect young knees, ankles and shoulders, researcher says

Nearly 15 percent of all high school sports injuries are bad enough to keep a child from playing for at least three weeks, with football leading the pack in severe injuries, a new U.S. study finds.



The review of two years of injury data also found that girls experienced a greater rate of severe injury than boys in comparable sports they both play, such as basketball, soccer and baseball/softball.

Wrestling, girls' basketball and girls' soccer followed football in having the highest severe injury rate, according to the study in the September issue of the American Journal of Sports Medicine. ([Read more](#))

FEATURED EVENT

Weekend Warrior Workshop

Wednesday, October 14, 2009 • 6:30 – 8:30 p.m.

Sentara Williamsburg Regional Medical Center
100 Sentara Circle, Williamsburg Conference Room

Hear From The Experts:

Sports Medicine at Sentara

Sentara Sports Medicine consists of physical therapists, exercise physiologists, certified athletic trainers and local orthopaedic surgeons specializing in sports medicine.

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[Get a list of locations for sports medicine services](#)

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Sports Medicine News

[Safety Should Be the Goal for Football Players](#)

[School Sports May Spell Trouble for Ankles](#)

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"Prevention, Causes and Management of Stress Fractures"
Dr. Alexander L. Lambert, Virginia Orthopedics and Sports
Medicine

"Tendonitis: Causes, Treatment and Prevention"
Dr. Charles E. Wilhelm, Virginia Orthopedics and Sports
Medicine

Workshop Includes:

Learn proper techniques on stretching for warming-up/cooling-down, and the beneficial use of orthotics from experienced Physical Therapists. Discover some dietitian-approved information on healthy snacks for on-the-go as well as adult programming information on classes from the R. F. Wilkinson Family YMCA.

Admission is free

[Register online](#) or call I-800-SENTARA (1-800-736-8272)

sites, including Facebook, Twitter and YouTube.

Community Benefits

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- Touching Lives Far & Wide
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