**Mayo Clinic Minute: Hockey safety tips**

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;There's risk of injury in sport, including the sport of ice hockey.&quot;</td>
<td>&quot;It's played on a very slippery and very hard surface in a confined space because of the boards and the glass. And it utilizes frozen, galvanized, rubber puck; sticks; and also razor-sharp skates.&quot;</td>
</tr>
<tr>
<td>Michael J. Stuart, M.D. Orthopedic Surgery Mayo Clinic</td>
<td>Injury prevention is a multifaceted approach that includes training, proper equipment, education, and body contact and control skills.</td>
</tr>
<tr>
<td>Stretching and strength training, especially in the hips, legs and core, is not only important for performance, but also to avoid injury.</td>
<td>&quot;We do see some muscle/tendon injuries in the sport of ice hockey, in large part because of the skating stride. So the most common locations would be the groin or the hip flexor.&quot;</td>
</tr>
<tr>
<td>Like many contact sports, concussions are a concern.</td>
<td>&quot;The hockey helmet is effective to prevent trauma to the skull, like a fracture or an intracranial hemorrhage or bleed. The hockey helmet does not necessarily prevent a concussion.&quot;</td>
</tr>
<tr>
<td>Instead, players and coaches should focus on body contact and control skills so that players don't crash into the boards or other players in an unprotected position.</td>
<td>Enforcing the rules of the game and fostering an environment of mutual respect with opponents is key to making the sport safer.</td>
</tr>
<tr>
<td>&quot;Promoting that sportsmanship, where you don't take advantage of a vulnerable player. You actually hold up on maybe a violent hit, which could result in an injury.&quot;</td>
<td>For the Mayo Clinic News Network, I'm Jason</td>
</tr>
</tbody>
</table>
Howland.