

Mayo Clinic Minute: Hockey safety tips

VIDEO	AUDIO
	"There's risk of injury in sport, including the sport of ice hockey."
Michael J. Stuart, M.D. Orthopedic Surgery Mayo Clinic	"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."
	Injury prevention is a multifaceted approach that includes training, proper equipment, education, and body contact and control skills.
	Stretching and strength training, especially in the hips, legs and core, is not only important for performance, but also to avoid injury.
	"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."
	Like many contact sports, concussions are a concern.
	"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."
	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.
	Enforcing the rules of the game and fostering an environment of mutual respect with opponents is key to making the sport safer.
	"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."
	For the Mayo Clinic News Network, I'm Jason

	Howland.
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