

GAME CHANGERS

The Young Athlete's
Game Plan



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READY, SET, COMPETE

Keeping Young Athletes Strong, Free, and Confident

Participation in high school and college sports brings tremendous benefits—boosting fitness, building teamwork, and fostering personal growth for millions of young athletes. Yet these rewards also come with real risks: injuries like sprains, fractures, concussions, and overuse conditions are common, especially in fast-paced sports like football, basketball, soccer, and wrestling.



While most athletes recover quickly, some injuries can be more severe and require longer healing. ***Most sports injuries can be prevented. Healthy routines—rest, nutrition, hydration, and honest communication—keep athletes strong and safe.*** When everyone works together on prevention, athletes thrive in sports and beyond.

Prevention and teamwork turn
today's athletes into tomorrow's
champions, on and off the field.



1

UNDERSTANDING INJURIES

In Competitive Young Athletes

Common Injury Types

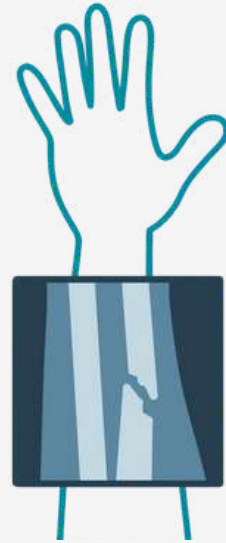
Competing as a young athlete brings physical and mental benefits—but also the real possibility of injury. The most frequent injuries in high school and college sports are:

Strains: Muscle and tendon injuries usually affect the hamstrings, calves, and shoulders, particularly after rapid movements, sprints, or awkward landings. These injuries cause pain, muscle spasms, and possibly swelling..



Sprains: Ligament tears or stretches often occur from sudden twists or collisions, especially impacting ankles and knees in sports like basketball, soccer, and football. Expect pain, swelling, instability, and reduced movement.

Fractures: Acute bone breaks or stress fractures arise from high-impact collisions or repetitive loads, affecting legs, arms, or collarbones. Pain, swelling, bruising, and visible deformity or limb change are key signs.



Overuse injuries (like Little League Shoulder, Pitcher's Elbow, Shin Splints): Chronic stress leads to conditions like tendinitis, shin splints, or stress fractures—seen in athletes who train year-round or repeat similar movements, such as runners or pitchers.

Concussions blows to the head or body—common in football, soccer, wrestling—can result in headaches, confusion, dizziness, and sensitivity to light or noise; sometimes consciousness is briefly lost.



Recognizing these injuries is essential for prompt care and safe recovery.

Major Sports Injuries Young Athletes Face

While sprains, strains, and concussions are the most common injuries, several major injuries present higher risks of lengthy recovery, possible surgery, and long-term consequences if not managed properly.

ACL (Anterior Cruciate Ligament) Tears

ACL tears are increasingly prevalent among high school and college athletes —particularly in sports such as soccer, basketball, and football, which involve frequent pivoting, cutting, or awkward landings.

Impact: These injuries are often severe, causing a recognizable pop, pain, swelling, and knee instability. ACL tears almost always take athletes out of competition for months, typically require surgical reconstruction, and are followed by intensive physical therapy.



Risk factors: Female athletes face a higher risk due to differences in anatomy and movement mechanics. Specialization in a single sport and inadequate strength or neuromuscular conditioning raise susceptibility.

Recurrence risk: Re-tear rates are considerable, making prevention, proper rehabilitation, and return-to-play readiness critical.

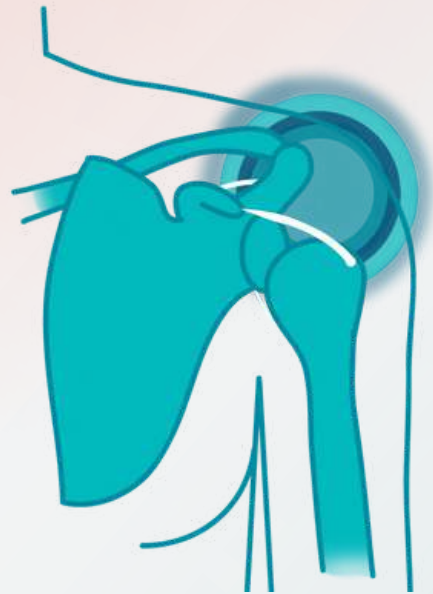


Shoulder Dislocations

Contact sports and those requiring repetitive overhead movements (football, basketball, wrestling, volleyball) greatly increase the chance of shoulder dislocation.

Long-term risks: Once an athlete has a shoulder dislocation, the shoulder is more likely to dislocate again if not properly treated, and some may require surgical stabilization. Recovery is focused on restoring stability, strength, and proper movement before returning to play.

Impact: When the ball of the shoulder is forced out of its socket, acute pain, visible deformity, and loss of function occur.



Meniscus and Knee Ligament Injuries

Besides the ACL, other structures in the knee (meniscus, medial and lateral collateral ligaments, patellar tendon) are frequently injured through twisting, cutting, or traumatic impacts—common in basketball, soccer, football, and wrestling.

Severity: Some injuries only require rest and rehabilitation, while more severe meniscus tears or ligament sprains may need surgical repair. Knee injuries can sideline athletes for weeks to months and pose risks for re-injury if return-to-play is rushed.

Signs: Swelling, locking or catching in the knee, and pain with movement.



Why Young Athletes Are Vulnerable

Compared to adults - high school and college athletes experience increased injury risk due to several factors:



Intense Training Load: Teens and young adults train at high intensity and often specialize, raising injury chances and reducing recovery time.



Growth and Development: While bones near full maturity, growth plates can still be vulnerable—particularly in late teens. Muscle imbalances may still exist during rapid growth spurts.



Pressure and Commitment: The drive to compete may lead athletes to downplay pain, fatigue, or injury in order to stay active, risking further harm.



Sport-Specific Demands: Frequent jumping, cutting, and collision in certain sports sharply increases risk for ligament sprains, muscle strains, and concussions.

Warning Signs Athletes Should Never Ignore

Early recognition and response can prevent long-term physical harm. Athletes, coaches, and families should watch for:



Persistent pain or swelling—especially pain that does not improve with rest or home remedies.

Inability to bear weight or use a limb naturally; joint instability or loss of coordination.

Obvious deformity, excessive bruising, or abnormal joint movement.

Ongoing headaches, mood changes, or sensitivity to light/noise after a head injury.

Numbness, tingling, or significant weakness in any area.

Limping, altered movement, or sudden drop in enthusiasm for play.

Any symptoms worsening over time.

Timely medical attention is critical—early care prevents complications, supports proper recovery, and protects long-term athletic performance.



2

THRIVE ON AND OFF THE FIELD

Building Resilient Student Athletes

Staying healthy and performing at a high level as a young athlete starts long before the whistle blows. Injury prevention is rooted in everyday choices—habits, routines, and preparation that support both body and mind throughout the sports season.

Preseason and Annual Physicals: The Foundation for Safety

Pre-participation physical exams (PPEs) are vital for all high school and college athletes. These assessments screen for underlying issues—heart, joint, or neurological concerns—that could increase injury risk during competition. Schools and athletic programs often require updated physicals before participation, ensuring athletes are cleared and guided on how to address areas of weakness or limitation.





Sleep, Nutrition, and Hydration for Peak Performance

Rest: Aim for 8–10 hours of sleep nightly to boost mood, reaction time, and reduce injury risk.

Nutrition: Prioritize balanced meals rich in lean proteins, whole grains, fruits, and vegetables for muscle repair and energy.

Hydration: Drink water regularly before, during, and after activity. Save sports drinks for prolonged, intense exertion or heat.

Wearing certified, well-fitted gear like helmets, mouthguards, pads, and proper footwear is vital in reducing concussion, fracture, and joint risks in high-impact sports. Regularly inspect and replace equipment, ensuring it meets **NOCSAE (National Operating Committee on Standards for Athletic Equipment)** safety standards for compliance. Sports venues should be kept hazard-free, offer accessible first aid, and have trained staff for rapid emergency response to keep athletes safe.

Strength, Conditioning, and Variety

Young athletes benefit most from comprehensive conditioning programs that begin before and continue throughout the season. Evidence supports:

Preseason and Ongoing Strength Training: Build muscle groups to stabilize ligaments and joints, lowering injury rates in sports demanding power or speed.



Flexibility and Balance Routines: Stretching, mobility exercises, and the use of wobble boards or plyometric circuits reduce muscle strains and sudden injury from abrupt movements or landings.

Functional Training: Focus on movements that replicate sport situations, like agility ladder drills for soccer or basketball, or quick-change runs for football.



Injury Prevention Education: Athletes should learn the importance of proper technique, the dangers of “playing through pain,” and signs of overuse or acute injury.

Overuse injuries—often the result of repetitive motion or early sport specialization—can derail athletic careers. By cross-training (participating in multiple sports or activities), taking scheduled rest days, and varying intensity, athletes foster well-rounded strength and avoid burnout and chronic injuries.

Strategies for Coaches, Parents, and Athletes



Regular Screenings and Conditioning: Annual physicals, preseason strength assessments, and ongoing flexibility sessions help track athlete readiness and identify risk areas early.



Honest Communication: Athletes should be encouraged to report pain, fatigue, or injury symptoms without fear of stigma or letting the team down.



Prioritizing Recovery: Rest, sleep, mental wellness breaks, and scheduled downtime restore physical and psychological resilience.



Personalized Training: Programs should accommodate the unique needs, sport, and history of each athlete, aiming for steady improvement and enjoyment.

By staying informed and proactive, young athletes—and those supporting them—can minimize preventable injuries, achieve peak performance, and sustain lifelong enjoyment in sport.

3

GAME-TIME PREP; The Athlete's Edge

Maximizing performance and safeguarding against injury starts and ends with intentional routines. Investing time in preparation and recovery is not just about minimizing risk—it's about unlocking peak physical and mental potential.

Why Warm-Ups and Cool-Downs Matter

Warm-ups serve as a bridge between rest and high-intensity activity. As you begin movement, blood flow increases, gently raising tissue temperature and delivering oxygen to working muscles. This process **boosts flexibility, primes coordination, and reduces muscle stiffness, directly lowering the risk of pulls, strains, and other acute injuries.**



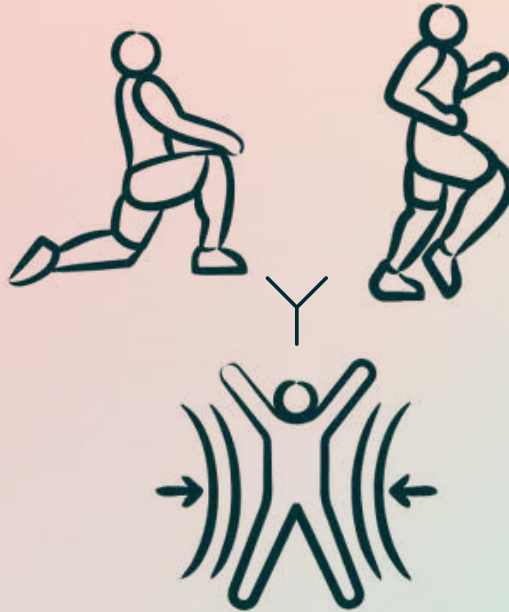
Cool-downs are equally vital. They **help the body transition from intense exertion to a state of rest, gradually decreasing heart rate and flushing metabolic waste from tired muscles.** Regular cool-downs speed up recovery, lessen soreness, and promote flexibility over time, making you less likely to suffer injuries from cumulative fatigue.

Structuring Your Routine

Warm-ups are broken into stages to fully prepare both body and mind:

General Warm-Up:

Light activity like marching or jogging raises heart rate and warms muscles.



Dynamic Stretching:

Moving stretches such as arm circles or lunges increase range of motion.

Sport-Specific Practice:

Activities like dribbling, quick footwork, or skipping mimic what your child will do in play and mentally rehearse game-time actions.

This layered approach readies muscles, joints, and the nervous system gradually and safely.



Remember:

Each stage of a warm-up is a building block; together, they form as an athlete's shield against injury.

Warm-Up & Cool-Down Guide for Kids

Warm-Up (8–10 Minutes):

- 1** Light Cardio (3 minutes):
March or jog in place, jumping jacks, or high knees.



- 2** Dynamic Stretching (4 minutes):
Arm circles: Outstretched arms, small to big, forward and backwards.

Leg swings: Hold a wall, swing legs front/back and side/side.

Walking lunges with twist: Step forward, twist gently, switch legs.

- 3** Sport-Specific Movements (2–3 minutes):

Short sprints, dribbling, skipping, or gentle agility steps.



- 4** Cool-Down (5 Minutes):
Slow walking or marching in place.

Deep breaths with arms overhead.

Static stretches held for 10–20 seconds: toe touches, quad stretches, overhead reaches.



Essential Stretches and Balance Drills

Dynamic Stretching:

Gets the body moving and warms up the joints before activity, reducing risk of sudden muscle injuries.



Static Stretching:

After activity, helps lengthen muscles, increase flexibility, and prevent soreness.

Balance Drills:

Activities like tree pose (standing on one leg), heel-to-toe walking, and hopping build coordination and help prevent falls and ankle sprains.



Pro Tips

Make warm-up and cool-down a consistent part of every session—they're essential for building lasting habits and preventing injury. Adjust routines for your sport and needs, using this time to focus mentally and recover physically. Work with your team to ensure everyone supports a shared standard for health and performance.

Beyond Basics: Advanced Recovery Tactics

More athletes now supplement their routines with:

Active Recovery:

Low-intensity efforts like walking, swimming, cycling can keep circulation high without adding stress. Best after tough sessions or on rest days to flush out waste and reduce stiffness.





Compression Therapy:

Garments or pneumatic sleeves may boost blood flow and aid lymphatic drainage, particularly after heavy training or games.

Ice Baths & Contrast Therapy:

Strategic cold immersion can reduce soreness and inflammation, especially following intense or multi-day competitions.



Sleep & Nutrition:

Quality sleep (7—9 hours), balanced post-workout meals, and hydration are cornerstones of recovery. Protein repairs muscles, carbohydrates replenish energy stores, and fluids regulate temperature and overall performance.

Strong habits and deliberate recovery unlock potential on the field, but it's the constant encouragement and example of parents that help young athletes become their best selves.



4

STRENGTH AND STABILITY

Building Your Athletic Foundation

Elite athletic performance begins with disciplined strength and stability work. Whether training at home, in a dorm, or between gym sessions, building foundational power and balance is key to preventing injuries, boosting confidence, and excelling in any sport.

Home Exercises for Strength and Injury Prevention

These exercises require little equipment and can fit into most living spaces. Focus on perfect form, full range of motion, and slow progression for maximum effectiveness:

Lower Body

Squats:

Bodyweight or goblet squats (holding a dumbbell) activate glutes, quads, and hamstrings, supporting knee function.



Split Squats / Bulgarian Split Squats:

One foot elevated behind on a chair; targets single-leg strength, balance, and hip stability.



Lunges (forward, reverse, lateral):

Improve leg drive and coordination. Perform sets slowly, maintaining knee alignment.



Core and Balance

Planks:

Front and side variations for 20—60 seconds; stabilize the spine and strengthen abdominals and obliques.



Russian Twists:

Seated, twisting with or without weight to engage rotational core muscles.



Bird Dogs:

On hands and knees, extend opposite arm and leg, keeping back flat; enhances spinal control and lower back endurance.



Upper Body

Push-Ups:

Begin with standard, progress to decline, single-arm, or plyometric variants as strength improves.



Superman Raises:

Lie face down, lift arms and legs; builds lower back and posterior chain endurance.



Flexibility and Mobility

Leg Swings:

Dynamic warm-up for hips and hamstrings; swing legs forward/back and side-to-side.



Foam Rolling or Self-Massage:

Target sore muscles to increase blood flow and flexibility.



Power and Agility

Squat Jumps / Box Jumps:

Focus on soft landings and quick take-offs to increase lower-body power.



Agility Ladder Drills:

Use tape or a ladder on the floor—practice quick footwork, lateral movement, and speed patterns.



Foundation Principles for Effective Training

1

Prioritize correct form; never sacrifice technique for more reps or speed.

2

Progress gradually, add resistance bands, dumbbells, or intensity only as strength improves.

3

Warm up and cool down before and after every session to prevent injuries and speed recovery.

4

Record workouts and seek feedback whether in person or via video, to adjust technique.

5

Mix in recovery modalities: stretching, hydration, adequate sleep, and mental relaxation.

Pillars of Athlete Growth and Mindset

Mental Resilience Strategies



Training is more than physical effort. Set clear goals, monitor your progress, and celebrate every milestone, even small ones. Use deep breathing and visualization before big games—mentally rehearsing key performances to build confidence and focus.

Adaptability and Consistent Effort



Stay flexible within your routines. Life and schedules change, setbacks happen—adjust workouts as needed to maintain progress and motivation, rather than letting obstacles halt your momentum.

Maintaining Steady Progress



Supplement official practices and workouts with home strength routines, especially during breaks or travel. Regularly target core, lower body, and balance exercises, and schedule recovery or mobility days to keep injuries at bay.

Building a Complete Athlete



Let your child choose sports or activities they find interesting. They're more likely to stay engaged (and less likely to burn out) when they have a say in their own play.





5

INJURY & RECOVERY

Taking Charge of Your Healing

Minor sports injuries can often be managed independently with prompt, knowledgeable action. Knowing what to do in the first hours and days makes healing faster, minimizes complications, and gets athletes safely back to training.

Using R.I.C.E. Effectively

The R.I.C.E. method—Rest, Ice, Compression, and Elevation—is the gold standard for treating minor sprains, strains, and bruises at home. Here's how:

Rest Stop the activity and allow your child to rest the injured area. Avoid putting weight on or using it until the pain subsides.

Ice Apply an ice pack (wrapped in a towel) to the injury for 15–20 minutes every 1–2 hours during the first day. This helps reduce swelling and pain. Never put ice directly on skin.

Compression Use an elastic bandage to gently wrap the injured area. The bandage should be snug, but not so tight that it causes numbness or tingling.

Elevation Raise the injured limb above heart level whenever possible by propping it on pillows. This reduces swelling and throbbing.

Handling Minor Bruises, Sprains, and Strains

For most minor bruises, ice and elevation remain your best allies. Rest the injured area and avoid additional impact; most bruises are harmless and will fade over a few days.



For sprains and strains, use R.I.C.E.—rest, ice, compression, and elevation—for the first few days. After swelling improves, gradually test your movement; **start gentle activity as pain allows, but never push through discomfort.** Use ibuprofen or acetaminophen for pain, following package guidelines. If pain, swelling, or limited movement persists, consult a healthcare professional..

Recovery Environment and Progress

Creating the right environment is essential for healing and progress. **Set up a comfortable, accessible space for rest, and prioritize quality sleep, nutritious meals, and frequent hydration to support recovery.** Gradually return to gentle movement as pain and swelling subside, resisting the urge to rush back to training too soon—listen to your body at every step.



Connection and Routine matter

Keep in contact with teammates and support staff for advice and encouragement, and maintain a positive outlook focused on achievable goals. Track progress and setbacks, and communicate regularly with coaches or trainers to monitor recovery and make adjustments when needed. This proactive, supportive approach helps athletes bounce back stronger—physically and mentally—after injury.

6

Knowing When to **GET MEDICAL HELP** Red Flags and Smart Recovery

Not every ache from sports is serious, but recognizing true warning signs prevents long-term problems and leads to faster, safer recovery. Early action and stopping play at the right time are critical for lasting health and performance.

Red Flags: When to Seek Professional Care

Contact a healthcare provider if any of these occur:



Inability to move or use a limb, walk, or bear weight beyond mild soreness or bruising.



Pain that persists or worsens after a couple of days or stops daily activity.



Significant swelling or obvious deformity or joints “out of place.”



Numbness, tingling, or loss of sensation
possible nerve involvement.



Head injuries with confusion or repeated vomiting:
difficulty speaking, worsening headache, or loss of consciousness.



Persistent limp, refusal to bear weight,
or abnormal movement patterns:

When in doubt, err on the side of caution—an early evaluation can prevent minor problems from becoming long-term issues.

Why Playing Through Pain Is Risky

Toughing it out” may sound admirable, but ***ignoring pain can turn a small injury into something much worse***— stress injuries become fractures, minor sprains lead to instability, and altered movement can provoke new injuries elsewhere. Research shows more than half of athletes have played hurt and often regret it as recovery drags on or complications develop. ***Always listen to your body. If you’re hurt, stop and seek advice, even if training or competition feels important.***



Physical Therapy–Your Path Back to Sport



Physical therapy is a *cornerstone of recovery from significant injuries*. PT restores strength, balance, flexibility, and safe movement through *targeted exercises and gradual progression*. Therapists design individualized plans, correct technique, and help rebuild confidence for return to play. Skipping rehab risks incomplete healing and lingering dysfunction, while proper PT ensures lasting performance and protection against future injury.

Recognizing warning signs, resting when needed, and seeking expert care builds the best foundation for full and healthy athletic recovery.

Knowing when to rest and when to seek help protects your child's health.
Recovery is a process, and timely care makes all the difference.



7

READY FOR THE COMEBACK

Returning to Sport After Injury

This is now an important milestone for every athlete, but it requires more than just motivation to get back on the field. ***Rushing recovery can lead to setbacks, loss of confidence, and even re-injury.*** A successful comeback begins with a plan—one that respects the body's healing process, focuses on both physical and mental readiness, and leverages a strong support system. This chapter guides athletes in ***making a safe, confident transition back to sport, and highlights the steps and decisions*** that ensure long-term health and performance.



Gradual Return Plans

Getting back to sports is best done step-by-step. Experts recommend a ***gradual increase in activity, starting at about half the pre-injury level*** and then increasing by about 10% each week, as long as there are no pain or worrisome symptoms (Connecticut Children's, 2023). A typical timeline for returning from most injuries is four to six weeks, but this varies depending on the type and severity of the injury and individual healing rates.

Key steps in a gradual return:

1

Start with light, pain-free movements and daily activities at home.



2

Move to light aerobic exercise—walking, gentle biking, or swimming without resistance.



3

Add basic strength and balance exercises with supervision.



4

Introduce sport-specific drills and skills at low intensity.



5

Increase the intensity and duration of practice as long as the athlete remains pain-free.



6

Resume full practice and, finally, game play only after a healthcare provider's clearance—especially for injuries like concussions.

If any pain, swelling, or other symptoms return, go back one step and allow more healing before progressing again. Never mask pain with medications just to participate; pain is a signal to slow down.

Building Confidence and Motivation

Physical healing is vital, but regaining confidence is just as important. Many athletes worry about reinjury or losing their edge. Stay proactive:



Set small, realistic goals and celebrate each benchmark.



Use mental rehearsal—visualizing strong, safe performance, to overcome anxieties and boost self-belief.



Keep open lines of communication with coaches, teammates, athletic trainers, and family.



Accept occasional setbacks and remember progress isn't always linear.



Surround yourself with encouragement through training, honest conversations, and positive feedback.

A healthy mindset not only accelerates recovery but equips athletes to withstand future challenges.



Monitoring for Recurrence and Warning Signs

Reinjury is common, especially in the ankle, knee, or shoulder, and often requires longer downtime. Self-monitor and report:



Recurrence of pain, swelling, or stiffness during or after play.



Changes in gait or movement, such as limping or hesitancy.



Persistent fatigue or drop in enthusiasm



Persistent fatigue, irritability, or drop in enthusiasm.



Any new or worsening symptoms—physical or emotional.

If these warning signs appear, stop playing and consult your healthcare provider before continuing.



Support Systems and Recovery Environment

Recovery is never solitary. Lean on support networks—coaches, trainers, teammates, and family. Stick to routines that affirm rest, good nutrition, hydration, and mental well-being. Document progress, setbacks, and questions, frequently reviewing goals and readiness with trusted advisors.

Treat recovery as a holistic process—body and mind, movement and rest, coaching and self-care. Respecting every step means athletes return to sport stronger, smarter, and truly ready for the next challenge.

8

RAISING ATHLETES, RAISING WELLNESS The Year-Round Advantage

Athletic success is shaped by daily choices far beyond game day. Building true strength, resilience, and enjoyment happens in the routines and habits formed all year—nutrition, rest, training, recovery, and mental wellness. Both athletes and parents play critical roles; athletes take ownership while parents provide encouragement, resources, and reliable support.

Off-Season and Cross-Training Tips

Even the most dedicated athletes need breaks. The off-season is essential for both body and mind, allowing for recovery, new activities, and fresh motivation. Cross-training—such as swimming, cycling, martial arts, or dance—develops well-rounded athletic skills, helps prevent overuse injuries, and keeps sports enjoyable.

Actionable Tips for Athletes:



Try new sports or physical activities to build different muscles and coordination.



Schedule regular rest days; avoid relentless training or early specialization.



Use off-seasons to focus on mobility, flexibility, and areas that need improvement.

Ways Parents Can Support:



Encourage variety and exploration in activities.



Foster a balanced schedule with time for rest and social life.



Model healthy movement and fitness routines.

Nutrition and Hydration for Consistent Performance

Nutrition is the foundation for athletic performance and recovery—not just on game day, but every day.

Simple nutrition guidelines:



Eat a colorful mix of fruits, vegetables, lean proteins, whole grains, and healthy fats.



Learn quick, healthy snack options that fuel performance (e.g. yogurt with fruit, peanut butter with apples, cheese and whole grain crackers).

Hydration essentials:



Encourage drinking water before, during, and after activity—waiting until they're thirsty often means it's already a bit too late.



Sports drinks are usually only necessary for long, intense activity in the heat.



Send your child to practice or games with a full water bottle and remind them to take regular sips.

Injury Prevention and Lasting Habits

Long-term health comes from prevention and early intervention.

Athletes Should:



Never skip warm-ups, cool-downs, or regular stretching.



Pay attention to signs of fatigue, pain, or loss of enthusiasm—these often signal the need for rest



Prioritize sleep and downtime, especially during intense practice or competition cycles.



Communicate openly with coaches and trainers about discomfort or potential injury.

Ways Parents Can Help:

Athlete wellness is a partnership. Parents, coaches, and support staff provide the structure, resources, and encouragement to help athletes build sustainable, healthy habits—while athletes learn to take more responsibility and communicate their needs. Focus on building a positive, balanced environment where rest, nutrition, recovery, and mental health are all valued. By emphasizing year-round habits and open collaboration, families and athletes establish the foundation for thriving in sport and life—empowering athletes and supporting them every step of the way.

9

PARTNERING WITH PEAK **Expert Guidance, Personalized Care**

What Peak Medical Centers Provide

Personalized Assessments and Care Plans:

Each athlete's injury, history, and goals are unique. At Peak, clinicians and therapists craft individualized plans, drawing from physical therapy, integrative medicine, regenerative therapies, and wellness coaching.



Comprehensive, Non-Surgical Solutions:

Services include physical therapy, chiropractic care, pain management, acupuncture, nutrition, hormone optimization, and advanced regenerative treatments—all under one roof, coordinated by experts such as Dr. David Suarez and his dedicated team.



Clear Recovery Guidance:

Peak focuses on step-by-step rehab—so athletes regain strength, movement, and confidence at the right pace. Follow-up resources and virtual support make progress manageable from home or school.

Family and Community Support:

Workshops, educational guides, and ongoing consultations keep everyone—athletes, parents, and coaches—informed and involved at each stage of care.



Community Resources:

Peak connects families with local workshops, screening events, and wellness programs—so care continues beyond the clinic.

The Peak Experience: What to Expect

Collaborative Evaluation:

The care process starts with listening. Peak's team considers every concern and goal, clearly explains findings, and lets families be active partners in every decision.



Integrated Treatment Approach:

Every patient receives guidance through a menu of therapeutic options—rehab, wellness, recovery, pain relief—without unnecessary drugs or surgery.



Ongoing Access and Support:

Whether in-person, virtually, or through community events, Peak stays available for questions, tools, progress tracking, and long-term health strategies.



Optimizing Recovery for Sports and Life



Wellness Newsletters and At-Home Guides:

When athletes and families work with Peak Medical Centers, they gain a committed partner across every phase of injury, recovery, and wellness. Whether returning from a sprain, recovering post-surgery, or simply aiming to move and feel better, Peak's integrated team ensures expert care and a personalized plan—supporting health, confidence, and lifelong activity.

***Are you ready to optimize your
experience and safety?***

*Peak Medical Centers are with you every
step of the way*

Book a consult, sign up for resources, or reach out any time for expert care and guidance—because your child's health, confidence, and happiness on and off the field are our highest priority.



APPENDICES

1. Daily Injury Prevention Checklist

- **Warm up and stretch** before all practices and games
- **Wear appropriate, well-fitted protective gear** and footwear
- **Hydrate** before, during, and after activity
- **Use proper technique** and seek guidance from coaches or trainers
- **Never ignore pain** or unusual fatigue—inform a coach, parent, or medical professional
- **Take at least one or two rest days** from organized sports each week
- **Include cool-down and flexibility exercises** after physical activity

2. Signs and Symptoms Not to Ignore

- **Persistent or escalating pain** and swelling
- **Inability to bear weight** or use a limb naturally
- **Obvious deformity**, severe bruising, or joint instability
- **Ongoing headaches**, mood changes, or light/noise sensitivity after head impact
- **Numbness**, tingling, or weakness
- **Limping** or altered movement patterns
- **Symptoms that worsen** over time

3. Quick Reference: Major Sports Injuries

- **ACL tears:** Knee pain, “pop,” instability, rapid swelling—common in soccer, basketball, football
- **Shoulder dislocation:** Loss of shoulder movement, visible deformity, pain—common in contact and overhead sports
- **Meniscus/ligament injuries:** Knee locking, swelling, pain with movement
- **Overuse injuries:** Aching joints, persistent soreness, loss of endurance
- **Fractures:** Sudden pain, swelling, bruising, or visible bone change

4. Resources for Parents and Athletes

- Schedule annual pre-participation physical exams
- Consult certified athletic trainers or physical therapists for injury care or prevention questions
- Seek support from multidisciplinary clinics, like Peak Medical Centers, for complex injuries or recovery concerns

Contact & Scheduling: Peak Medical

- **Call or visit our website** for appointments, questions, and resources
- **Subscribe** to the Peak Wellness Newsletter
- **Scan QR code** (see below) to schedule instantly



Keep this section handy for quick answers and at-home support!