

HOCKEY

UPPER BODY INJURIES

MOST COMMON "UPPER BODY INJURIES"



DENTAL

Chipped, fractured or displaced teeth



HEAD TRAUMA

Headaches, nausea, balance problems, mood problems, and a multitude of other issues.



SHOULDER

AC separations and broken clavicles



ABDOMINAL

Kidney injury, spleen injury, liver injury, abdominal injury



WRIST

Fractures, sprains and breaks

HOW TO PREVENT & TREAT INJURIES

DENTAL

- ✓ **Wear a custom-made mouth guard.**

The Academy of General Dentistry says mouth guards prevent some 200,000 such injuries every year. ⁽¹⁾

- ✓ **Wear facial protection.**

HEAD TRAUMA

- ✓ **Make sure your helmet is HECC certified.**

Certification expires 6.5 years from the date of assembly. ⁽²⁾

- ✓ **Wear a properly fitting mouth guard.**

They help prevent concussions because the material helps absorb the forces of a fall on the ice or a crash into the boards. ⁽³⁾

- ✓ **Always wear a helmet on the ice.**

- ✓ **Learn the proper technique to give and receive a body check.**

SHOULDER

- ✓ **Be aware of your technique — repeated shoulder injuries from giving/receiving body checks often can be prevented by improving and focusing on your technique.**

- ✓ **Maintain a balanced upper-body workout.**

Redressing the imbalance caused by strong front muscles and weaker back muscles is important for the prevention and rehabilitation of shoulder impingement injuries. ⁽⁴⁾

ABDOMINAL

- ✓ **Maintain a strong core.**

A strong core not only will help protect your vital organs from impact, but also helps improve the transfer of power from your hips and shoulders through the rest of your body. ⁽⁵⁾

- ✓ **Wear shoulder pads with abdominal protection.**

Players often remove pads to increase flexibility, but this greatly increases your risk of injury.

WRIST

- ✓ **Wear the proper protection.**

Wear elbow pads that offer protection from where your shoulder pads end to where your gloves start.

- ✓ **Be patient; don't rush back from a wrist injury before it has had time to fully heal. This is typically at least 48 hours or until the pain/swelling has subsided.**

- ✓ **Ice it — 15 minutes on, 15 minutes off.**

- ✓ **Use an elastic compression bandage to limit swelling. (But don't cut off circulation to your fingers!)**

- ✓ **Elevate the injured wrist, so that it is higher than your heart, as often as possible to help drain fluid and reduce swelling.** ⁽⁶⁾

DID YOU KNOW...

Defensemen were significantly more likely than forwards to miss game time due to injury. ⁽⁷⁾

Being a goaltender increased the odds of missing **at least 5 games due to injury** (odds ratio = 1.68).



Though goaltenders are seldom injured, they take longer to return to action. ⁽⁷⁾



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Sources:

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⁽²⁾ Michael J. Stuart MD. Managing and Preventing Ice Hockey Injuries. J Musculoskeletal Med. January, p.37-44, 2005

⁽³⁾ <http://www.winningsmiles.net/blog/dental-care/life-of-the-hockey-dentist/>

⁽⁴⁾ <http://www.shoulderdoc.co.uk/article/1370>

⁽⁵⁾ http://adulthockey.usahockey.com/news_article/show/351904

⁽⁶⁾ <https://www.verywell.com/neck-sprain-symptoms-treatments-3119346>

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⁽⁷⁾ Currier, Nathan. "The Most Injured NHL Teams Since the 2009-2010 Season."

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