

Current research has revealed emerging patterns of the risk of injury in young adults. Many of the injuries are preventable and can be avoided with proper intervention. The Illinois Bone and Joint Sports Medicine Team have developed a program that allows us to identify many common faults in young athletes, male and female. Our staff will test dynamic flexibility, strength, and agility and be able to identify individuals who would be at high risk for injury and/or those that may simply improve their performance by addressing their limitations.

The program will place an individual in positions where weaknesses and imbalances become evident if proper stability and mobility are not utilized. Many individuals who perform at very high levels during activities are unable to perform these simple movements. These individuals should be considered to be utilizing inefficient compensatory movement patterns during activity. If compensations continue, poor movement patterns are reinforced and the possibility for injury is increased. We plan to provide ACL prevention training in the future to address the trends in deficits we find most common among those screened.

For every 1,000 student-athletes who take the to the soccer field in any given competition, the CDC states that 2.1 players will suffer a concussion, accounting for roughly 10% of all soccer injuries. The hardest part for coaches, parents, and players is recognizing a concussion and how to manage it appropriately. The CDC also referenced a study stating that 62% of soccer players reported symptoms from the previous year, while only 20% actually reported concussion symptoms and received treatment. This data confirms that thousands of concussions are missed a year, resulting in a greatly increased the risk of a catastrophic injury.

To help address the risk of head injuries occurring in youth sports, testing will be based off of the Standard Concussion Assessment Tool (SCAT2) and consists of a series of questions that test an athlete's cognitive and physical abilities prior to suffering a concussion to establish baseline data. Participation is completely voluntary and by allowing your son or daughter to partake, you will be able to provide information for your physician to better manage your child's potential head injury. The data collected by the SCAT2 plays an integral part in the management, treatment, and return to play guidelines, if a head injury occurs by comparing the pre-injury data to the post-injury data.

At no point will the ACL prevention screen and SCAT2 assess the level of soccer skill or ability, and will not be used to determine the level of play, performance, participation or provided to the FC United/Trevian staff. IBJI will appropriately store test results and comply with applicable legal requirements relating to protected Health Information.

If you would like your son or daughter to participate, simply complete the attached waiver and have your child bring it with them to the day of testing. If you have any questions or would like more information about the Concussion Management Program or ACL Prevention screening, please feel free to contact IBJI-Glenview at 847-724-4791.