

Highlights from our *Caring Well* podcast with Dr. Elizabeth Davis, Pediatric Sports Medicine Physician

Concussions

- Caused by the brain shaking in the skull—not just head hits.
- No loss of consciousness needed; symptoms include headache, dizziness, fogginess.
- Diagnosed clinically—imaging is usually normal.
- Kids shouldn't isolate in a dark room; light activity is encouraged.
- Return to play only when symptom-free, with a gradual protocol.
- Two concussions in one season = done for the season.

Overuse & Growth Plate Injuries

- Common in baseball (elbow, shoulder), gymnastics (wrist), and running (shins, heels).
- Growth plate injuries can affect long-term development—catch early.
- Early sports specialization = higher injury and burnout risk.
- Follow the 1/1/1 rule: 1 day/week, 1 week/month, 1 month/year off.

Injury Prevention

- Dynamic warmups before, static stretching after.
- Add yoga or flexibility training weekly.
- Pain that worsens or is one-sided? Get it checked.

Nutrition & Hydration

- Get protein & nutrients from whole foods (milk, nuts, lean meats).
- Protein target: 1g per kg of body weight daily.
- Water is best. Sports drinks only for >1 hour of intense activity in heat.

Mental Health & Burnout

- Let kids play for joy, not just achievement.
- Avoid pressure and overscheduling—support multisport play.
- Burnout is real—emotional and physical health matter more than trophies.