

# HOCKEY HIP CHECK PROGRAM



*Education, stretching and treatment are important factors that prevent common hip injuries in hockey players. Make sure to practice these regularly.*

## THE DANGERS OF EARLY SPORT SPECIALIZATION.

‘Go hard or go home’ is a motto that is commonly used and lived by in sports. It is an ideal that even parents aspire to for their children who are interested in playing sports. This pressure is further compounded by a heavy expectation that a kid must specialize and excel in one sport with the goal of making a competitive team.

The result is a jam-packed schedule of strenuous practice in between school, homework and other social activities.

Although there is nothing wrong in encouraging your child to realize his or her full potential, excessive effort can have many detrimental impacts

on your kid’s mental and physical development.

In addition to the emotional and mental strain, early specialization in one sport has the potential for overuse sport specific injuries.

In spite of the fact that practice and repetition will improve motor skills and performance in the short term, the truth of the matter also is that this hard and heavy approach has many negative side affects in the long term.

Parents’ focus on a single sport is overshadowing the benefits of their children becoming a true athlete.

The chance to play different sports

allows the body to move in different ways therefore preventing the body from over adapting and compensating to a single specific sport movement.

A recent adverse affect, in the sport of hockey with all the ice-time for children, is tight hips. The constant unnatural movement of skating, results in specific muscles in the hips being overused. This will predispose the athlete/child to injury. A tight hip girdle will specifically affect the low back, the groin, and the actual hip joints.

We understand the hockey culture in Canada, and how deeply rooted

*The sport of hockey places extreme demands on the musculature of the hips. Without a proper off ice training and treatment program, young hockey players can be setting themselves up for hip problems down the road. The Chiropractic team at Athlete’s Care helps me keep my hockey players healthy and performing at the top of their game.”*

*Matt Nichol  
Strength & Conditioning Coach*



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Seasoned hockey players like Mike Cammalleri and PK Subban acknowledge 3 factors that have contributed to their success: **Preventative Treatment, Continuous Education and a Balanced Lifestyle.**

The Chiropractic Team at Athlete's Care, that treats many pro athletes including Cammalleri and Subban, are guided by these three principles in each of their treatment sessions.

### **Preventative Treatment:**

Mike Cammalleri was asked how treatment by the Chiropractic team at Athlete's Care has helped his career. He replied, "The significance of treatment has become equal to training. If I have not had a treatment session before a game, I need to warm up. But with treatment, I can go a 100%."

### **Continuous Education:**

"My body is my investment and learning how to take care of it well gets me the best results," says P.K Subban and the Chiropractic Team at Athlete's Care makes the education of their clients a top focus.

### **Balanced Lifestyle:**

"Learning to maintain a continuous balance of treatment, training and nutrition has helped me not only in hockey but also in regular life," says Subban.



*All my athletes have individualized programs that are designed to improve on ice performance and prevent injury. We pay special attention to hips since they take a beating in hockey players. The Chiropractic team at Athlete's Care have helped my players by providing exceptional education and treatment on how to avoid injuries and maximize performance; they are an excellent compliment to my program.*

*Gary Roberts  
Strength & Conditioning Coach  
Retired NHL Player*

it is. This is why we are trying to provide real life mechanisms to cope with this newfound religion.

Exercise programs are designed to protect the high stress areas of hockey. Stretching is another method of loosening the over-used muscles used in hockey, in addition trying to leave time for other sports when you can.

Keep your child playing a variety of sports and switch it up every season for kids under the age of 10. This will keep them developing their motor skills and competitive vision, which may be

more challenging than the narrow focus of specialized athletes.

At Athletes Care we understand the desire and level of competition in all of our patients. We will educate you on what to look for with adaptations and further your knowledge of prevention.

If you are concerned or would just like to have your child's hips assessed, please call us for a complimentary hip check exam today.

For a complimentary hip exam, please visit us at <http://www.athletescare.com/hipcheck> to choose a location near you.  
**Limited Time Offer!**