



COMMON YOUTH HOCKEY INJURIES

Most are **preventable** with **proper strength**
& **load management**.





PHYSICAL THERAPY & PERFORMANCE

Meet Dr. Rachel Ludwig, PT, DPT, CPT

Offering \$47 Youth Athlete Screens!

Check out the last page of this e-book for more information!



DR. RACHEL LUDWIG EARNED HER DOCTOR OF PHYSICAL THERAPY DEGREE FROM ROSALIND FRANKLIN UNIVERSITY IN 2025. SHE COMPLETED HER BACHELOR OF SCIENCE AT THE UNIVERSITY OF WISCONSIN-PARKSIDE, WHERE SHE WAS A STANDOUT MEMBER OF THE WOMEN'S VOLLEYBALL TEAM, SERVING AS TEAM CAPTAIN FOR THREE YEARS AND EARNING A SPOT ON THE PROGRAM'S ALL-DECADE TEAM.

DURING GRADUATE SCHOOL, RACHEL GAINED EXPERIENCE ACROSS CLINICAL, RESEARCH, AND PERFORMANCE SETTINGS AS A RESEARCH ASSISTANT, SPORTS PERFORMANCE COACH WITH ETS PERFORMANCE, AND PERSONAL TRAINER. SHE HAS WORKED WITH ATHLETES OF ALL AGES, FROM YOUTH COMPETITORS TO COLLEGIATE AND PROFESSIONAL ATHLETES

RACHEL HAS CONTRIBUTED TO RESEARCH PRESENTED AT THE AMERICAN PHYSICAL THERAPY ASSOCIATION'S COMBINED SECTIONS MEETING AND THE AMERICAN SOCIETY OF BIOMECHANICS CONFERENCE.

SHE IS PASSIONATE ABOUT PAIN SCIENCE, OPTIMIZING ATHLETIC PERFORMANCE, AND HELPING ACTIVE INDIVIDUALS MOVE AND PERFORM AT THEIR HIGHEST LEVEL.



Most Common Hockey Injuries Outside of Bruising and Lacerations (Nonanatomic):

1

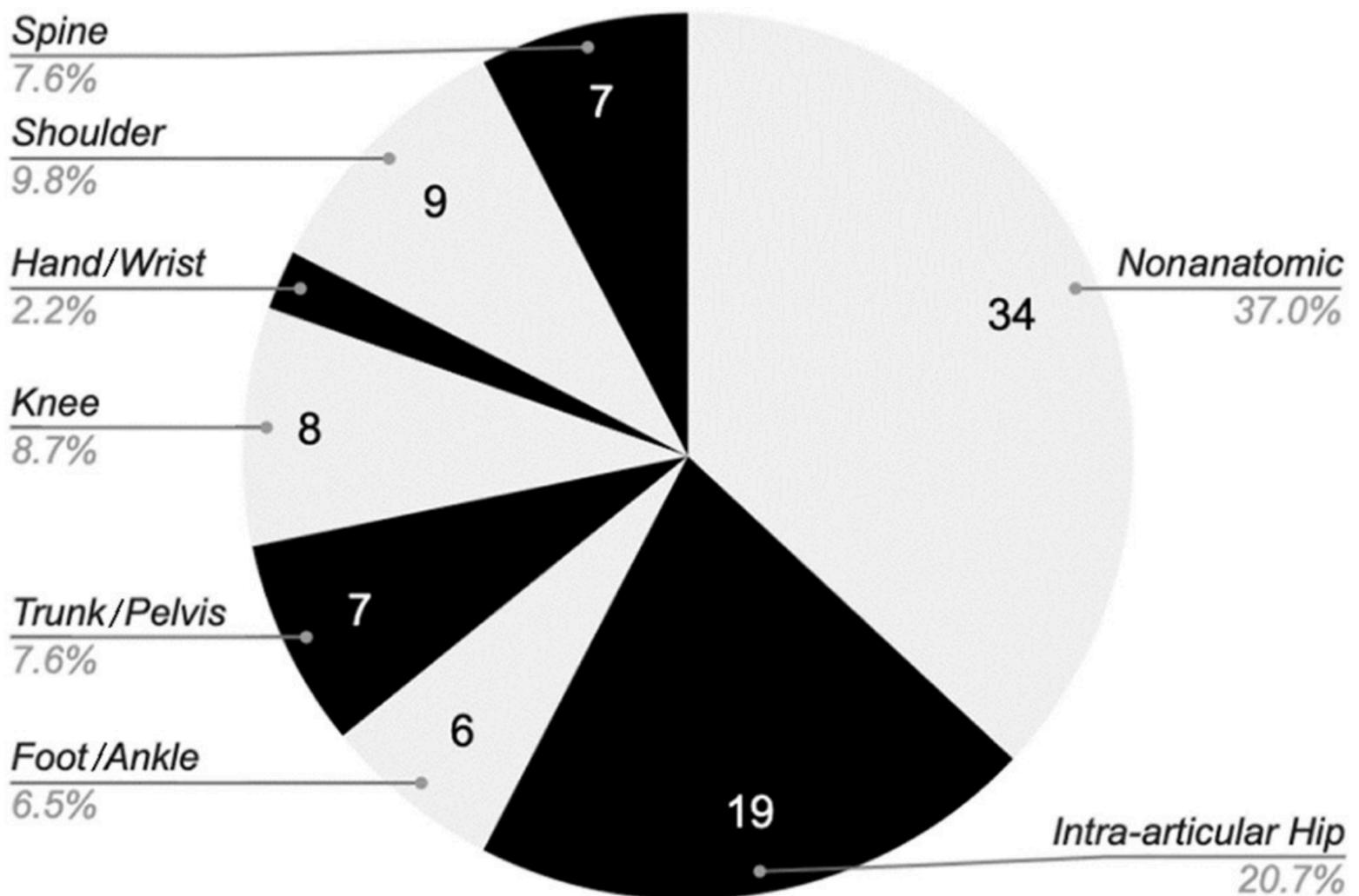
CHRONIC HIP INJURIES

2

SHOULDER INJURIES

3

ACUTE TRAUMATIC KNEE INJURIES



[HTTPS://JOURNALS.SAGEPUB.COM/DOI/FULL/10.1177/23259671221085968](https://journals.sagepub.com/doi/full/10.1177/23259671221085968)



An article recently published in the Journal of Orthopedic Surgery and Research (André de Azevedo et al, 2023) stated that;

“The factors associated with the occurrence of injury include older age, previous history of musculoskeletal injury, higher BMI, and higher frequency of sports participation during the sporting year.”

Because prior history of injury, increased frequency and older age are risk factors of more serious injury-

It is absolutely critical for athletes to learn about common injuries and how to prevent them at a young age.

Building good movement patterns, coordination and resilience for youth athletes helps them decrease their risk of injury as they age and advance to higher levels of play.



PREHAB FOR COMMON HOCKEY INJURIES BY LOCATION:

HIP

½ KNEELING WINDMILL

GET INTO A ½ KNEELING POSITION WITH YOUR LEG STRAIGHT OUT TO THE SIDE AS SHOWN IN THE PICTURE. ROTATE YOUR TRUNK TOWARD YOUR STRAIGHT LEG, AND PUSH YOUR HIPS BACKWARD UNTIL YOUR ELBOW/FOREARM CONTACT THE FLOOR. HOLD THIS POSITION FOR 5 SECONDS, THEN RETURN TO THE STARTING POSITION. ADD A SMALL WEIGHT TO THIS EXERCISE TO INCREASE DIFFICULTY AND FURTHER CHALLENGE SHOULDER STABILITY.

PERFORM 8-10 REPS ON EACH SIDE BEFORE PRACTICES AND GAMES.



PREHAB FOR COMMON HOCKEY INJURIES BY LOCATION:

KNEES

LATERAL LUNGE TO CURTSY LUNGE

START BY PERFORMING A LATERAL (SIDE) LUNGE. SIT BACK INTO THE LUNGE LIKE YOU ARE SITTING INTO A CHAIR, TRY TO KEEP YOUR KNEE POINTING FORWARD OR SLIGHTLY OUT TO THE SIDE.

RETURN TO A STANDING POSITION—THEN IMMEDIATELY PERFORM A CURTSY LUNGE. YOUR BACK LEG SHOULD CROSS THE MIDLINE, YOUR FRONT LEG SHOULD BE ANGLED SIMILAR TO THE PHOTO BELOW. AS YOU IMPROVE YOUR FORM, YOU CAN TRANSITION FROM ONE LUNGE TO THE OTHER WITHOUT SETTING YOUR FOOT DOWN IN-BETWEEN.

PERFORM X10 REPS OF EACH LUNGE ON EACH LEG BEFORE PRACTICE AND GAMES.



PREHAB FOR COMMON HOCKEY INJURIES BY LOCATION:

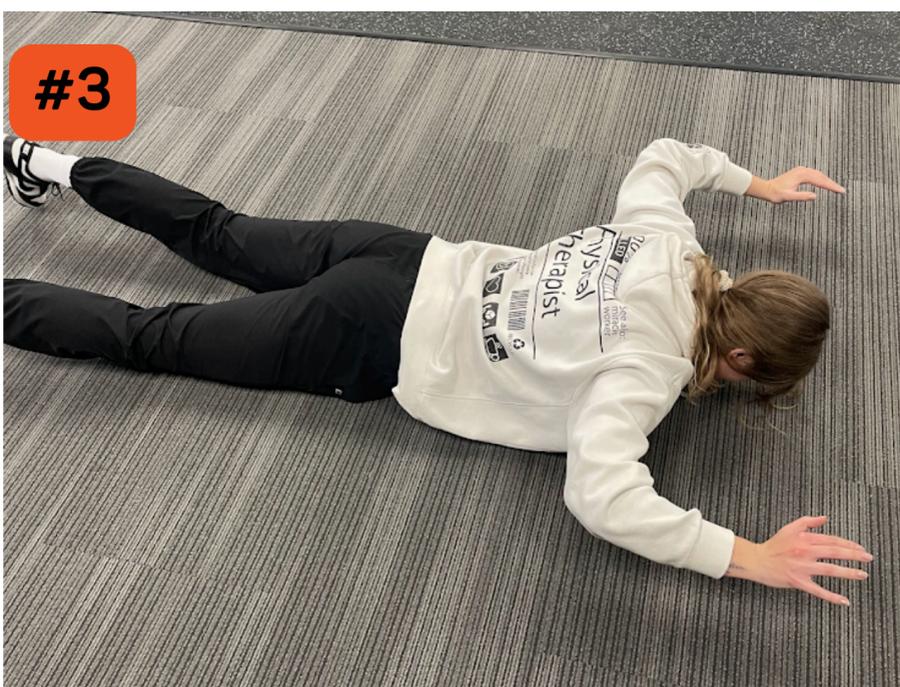
SHOULDERS

PRONE VS. WALL SHOULDER CARS

START WITH YOUR CHEST ON A FLAT SURFACE, THE FLOOR OR A WALL (THE FLOOR WILL BE MORE DIFFICULT SINCE YOU WILL RESIST GRAVITY THROUGHOUT THE ENTIRE MOVEMENT). PLACE BOTH HANDS AT THE BASE OF YOUR BACK. BRING YOUR ARMS UP + OUT SO THAT YOU'RE MAKING A 90 DEGREE ANGLE WITH YOUR BODY AND ARM (PHOTO 2). KEEPING YOUR ARMS OFF THE FLOOR, MOVE YOUR FOREARMS AROUND/UP TO THE 90 DEGREE POSITION IN PHOTO 3. REACH OUT OVERHEAD AS FAR AS YOU CAN. ONCE YOU'VE DONE ALL THE PREVIOUS STEPS, REPEAT THEM IN REVERSE, STARTING WITH ARMS STRETCHED OUT OVERHEAD.

THE GOAL IS TO COMPLETE ONE FULL REPETITION WITHOUT TOUCHING THE FLOOR.

PERFORM X 5-6 REPS BEFORE PRACTICE AND GAMES.



SIGNS OF POSSIBLE INJURY

THINGS TO LOOK OUT FOR!



SPORTS INJURIES ARE BROADLY CATEGORIZED INTO TWO KINDS

ACUTE INJURIES

Happen suddenly

Predispositions:
When a person falls, receives a blow, or twists a joint during activity.

CHRONIC INJURIES

Are usually related to **repetitive loading** or **overuse** and develop gradually **over time.**

Occasionally, wear and tear from overuse injuries can set the stage for acute injuries.

THIS INFORMATION AND THE FOLLOWING TWO PAGES ARE DIRECTLY FROM THE NATIONAL INSTITUTE OF HEALTH'S WEBPAGE. THE ARTICLE AND FURTHER INFORMATION IS AVAILABLE AT: [HTTPS://WWW.NIAMS.NIH.GOV/HEALTH-TOPICS/SPORTS-INJURIES](https://www.niams.nih.gov/health-topics/sports-injuries)

ANYONE CAN SUFFER A SPORTS INJURY, BUT SEVERAL FACTORS CAN INCREASE THE RISK OF SUSTAINING INJURY.

The Risk Factors for Sports Injuries Include:

- Not using the correct exercise techniques.
- Overtaining, either by training too often, too frequently, or for too long.
- Increasing your intensity of physical activity too quickly.
 - Playing the same sport year-round.
 - Running or jumping on hard surfaces.
- Wearing shoes that do not have enough support.
 - Not wearing the proper equipment.
 - Having had a prior injury.
- Having certain anatomical features specific to each joint or poor flexibility.
 - Taking certain medications, such as fluoroquinolones, a class of antibiotics linked to tendinitis and tendon rupture.



THE TYPE OF INJURY YOU ARE MOST VULNERABLE TO DEPENDS ON THE TYPE OF ACTIVITY YOU PARTICIPATE IN, YOUR AGE, AND YOUR SEX.

THE SYMPTOMS OF A SPORTS INJURY DEPEND ON THE TYPE OF INJURY YOU HAVE.



SYMPTOMS OF AN ACUTE INJURY INCLUDE:

- SUDDEN, SEVERE PAIN.
- EXTREME SWELLING OR BRUISING.
- NOT BEING ABLE TO PLACE WEIGHT ON A LEG, KNEE, ANKLE, OR FOOT.
- NOT BEING ABLE TO MOVE A JOINT NORMALLY.
- EXTREME WEAKNESS OF AN INJURED LIMB.
- A BONE OR JOINT THAT IS VISIBLY OUT OF PLACE.

SYMPTOMS OF A CHRONIC INJURY INCLUDE:

- PAIN WHEN YOU PLAY OR EXERCISE.
- SWELLING AND DULL ACHE WHEN YOU REST.



HOW WE APPROACH ATHLETE RECOVERY AND SPORTS PERFORMANCE

1

SPEND TIME WITH YOU DISCUSSING YOUR CURRENT SITUATION, THOROUGHLY SCREENING YOUR SYMPTOMS AND DETERMINING THE FUNCTION AND CAPACITY NEEDED FOR YOUR SPORT.

FUNCTION: THE ABILITY TO PERFORM MOVEMENTS THROUGH THE FULL RANGE OF MOTION WITH NO LIMITATIONS

CAPACITY: PERFORMING MOVEMENTS UNDER THE LOAD NECESSARY FOR YOUR SPORT (WEIGHT, REPETITIONS, INTENSITY, ECT.)

2

USING OUR ADVANCED EQUIPMENT AND KNOWLEDGE TO LOOK FOR LIMITATIONS:

WE USE SPECIALIZED EQUIPMENT; TINDEK AND ACTIVEFORCE DYNAMOMETRY, AND OTHER STANDARDIZED METHODS OF ASSESSMENT TO DETERMINE THE ROOT CAUSE OF YOUR CURRENT PROBLEM

USING THIS EQUIPMENT HELPS US TO TRACK CHANGE OVER TIME, AND HELPS US CONTINUE TO IMPROVE YOUR PERFORMANCE OVER TIME

3

RETURNING YOUR FUNCTION (RESET), IMPROVING YOUR CAPACITY (RESTORE) AND OPTIMIZING YOUR PERFORMANCE (RELOAD AND RESILIENCE)!

WE FIRST WORK TO **RESET** YOUR FUNCTIONAL ABILITY
WE THEN LOOK TO **RESTORE** YOUR CAPACITY
FINALLY, WE WORK TO **RELOAD** AND OPTIMIZE YOUR PERFORMANCE AND PREHAB TO AVOID FURTHER INJURIES WITH RESILIENCE!

Call or text us today to claim your \$47 Youth Athlete Assessment!

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