



basketball

the center for the female athlete

To play basketball, athletes require a combination of power, strength, speed and agility. Basketball players need to have quick reaction time to respond to the fast pace of the game. The most common injuries in basketball are acute injuries including knee injuries, ankle sprains or muscle strains. Players are more likely to get injured during a game rather than at practice. Female athletes are at a higher risk for knee and ankle injuries compared to their male peers. Prevention of injuries is an important aspect of an athlete's overall health in the sport.

causes of basketball injuries

- poor jumping and landing form
- decreased balance and ankle stability
- repetitive jumping and running without adequate strength

acute injuries in basketball

Due to the unpredictable nature of the sport, it is common for athletes to get an acute injury while playing basketball. Constant jumping with improper form or poor ankle stability can increase the risk of knee and ankle injuries. Inversion ankle sprains are the most common initial injuries in basketball. These injuries occur when the ankle rolls inward and stretches out the ligaments on the outside of the ankle. Without adequate strength or proper jumping mechanics, knee injuries such as a knee sprain or ACL tear can also occur in basketball. Concussions are another common injury in contact sports, including basketball. A concussion is a brain injury that can affect brain function usually caused by a blow to the head. Falling and hitting one's head is a common cause of a concussion.

quick facts ✨

- Basketball became an Olympic sport in the 1936 Summer Olympics
- Lateral ankle sprains are the most common injuries in basketball

injury prevention

- improve jumping form
- practice lateral movements and changing direction
- improve balance and ankle stability
- strengthen core and hip muscles
- perform a proper warm up and cool down for both practices and games

our all female team

Solely run by an all female team, The Center for the Female Athlete prides itself on helping female athletes prevent injuries, become mentally stronger, and reach athletic goals.

Lora Scott, MD

Sports Medicine Physician

Sarah Steward, MD

Orthopedic Surgeon

Linh-Han Ikehara, MSW, LISW-S

Behavioral Health Therapist

Jamie Broz, MED, ATC

Manager

Karly Steenbock, MS, ATC

Athletic Trainer

Megan Christoffel, PT, DPT

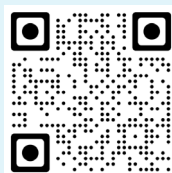
Physical Therapist

Maria Brumfield, MS, RDN, LD

Dietitian

Are you ready to find out if the Center for the Female Athlete is right for your daughter?

Scan the QR code to schedule a consult with one of our athletic trainers to find out!



Who is eligible for The Center for the Female athlete?

We see patients ages 12-22 for a variety of conditions such as:

- Nutritional concerns
- Sport specific injury prevention
- Bone health and bone density testing
- Risk assessment for the RED-S (female athlete triad)
- Mental health screening
- Performance anxiety/body image issues



@The_Female_Athlete



@TheFemaleAthleteOfficial

