



the center for the female athlete

softball

Quick Facts

- Softball was an Olympic Sport from 1996 – 2008. Softball returned to the Olympics in 2020
- 1982 was the first year for the NCAA Women's College World Series: UCLA vs Fresno State
- Softball does NOT have pitch count limits; therefore, pitchers can be on the mound multiple days in a row

Softball players need to be strong at running, batting and throwing to be successful on the field. Often, softball players tend to specialize in their field position based on their strengths. Softball players tend to do a lot of repetitive movements which can increase their risk for shoulder injuries including rotator cuff injuries and shoulder impingement. Softball players are also susceptible to acute injuries including ankle sprains, knee sprains, finger fractures or dislocations, hamstring strains, sliding injuries including bruises and concussions.

causes of softball injuries

- Repetitive shoulder movements while batting, pitching and throwing
- The use of incorrect technique in both throwing and sliding
- Inadequate recovery time between games

prevention of injury

Injury prevention is needed to keep athletes safe throughout their entire softball season on and off the field. Keeping athletes healthy involves proper whole body strength training before the season starts and progressive increases in throwing in the months prior to the spring season. Ways to prevent injury during season include properly warming up before playing. This involves stretching hamstrings, quadriceps (muscles in the front and back of upper legs), hips, and calves. Athletes can also wear proper protective gear including mouth guards, helmets and appropriate shoes. Using proper technique for throwing, batting and sliding can prevent against both acute (new) and chronic (overuse) injuries. Lastly, giving appropriate rest between games can give the body time to recover from the stress on the muscles and joints.

recovery

An important aspect of injury prevention is allowing yourself to recover after each game or practice. Committing to proper recovery can help athletes stay healthy both on and off the field. Ways to recover from softball games include:

- Proper post game snacks and nutrition to refuel from the game
- Drink plenty of fluids before, during, and after competition
- Getting adequate sleep after games and tournaments

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

Carla Bridges, MD

Orthopedic Surgeon

Sarah Steward, MD

Orthopedic Surgeon

Linh-Han Ikehara, MSW, LISW-S

Behavioral Health Therapist

Jamie Broz, MED, ATC

Manager

Karly Steenbock, MS, AT, ATC

Athletic Trainer

Megan Christoffel PT, DPT

Physical Therapist

Maria Brumfield, MS, RDN, LD

Dietitian

Are you ready to make an appointment?

You can request an appointment online anytime or give us a call at 937-641-4876 during normal hospital business operating hours of 8:00 am - 5:00 pm Monday-Friday. Visit childrendayton.org/centerforthefemaleathlete

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/mental blocks

Location

South Campus

3333 West Tech Road
Miamisburg, Ohio 45342



@The_Female_Athlete



@TheFemaleAthleteOfficial

