

ACSM Team Physician Consensus Statement Selected Issues for the Adolescent Athlete and the Team Physician

Link naar consensus statement:

https://journals.lww.com/acsm-msse/Fulltext/2008/11000/Selected_Issues_for_the_Adolescent_Athlete_and_the.18.aspx

SUMMARY

This document provides an overview of selected medical issues that are important to team physicians who are responsible for the care and treatment of athletes. It is not intended as a standard of care and should not be interpreted as such. This document is only a guide and, as such, is of a general nature, consistent with the reasonable, objective practice of the healthcare profession. Adequate insurance should be in place to help protect the physician, the athlete, and the sponsoring organization.

This statement was developed by a collaboration of six major professional associations concerned about clinical sports medicine issues; they have committed to forming an ongoing project-based alliance to bring together sports medicine organizations to best serve active people and athletes. The organizations are: American Academy of Family Physicians, American Academy of Orthopaedic Surgeons, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and the American Osteopathic Academy of Sports Medicine.

SAMENVATTING

Dit document bevat een overzicht van geselecteerde medische zaken, die belangrijk zijn voor de teamarts, die verantwoordelijk is voor de behandeling van adolescente sporters. Het is een gids die als doel heeft de zorg voor de adolescente sporter te verbeteren door de vaak voorkomende medische, musculoskeletale en psychologische problemen in deze leeftijdscategorie inzichtelijk te maken.

Het betreft de pathofysiologie en handelwijze bij de volgende aandoeningen van sporters van 12 tot 18 jaar:

- Traumatische voorste schouderinstabiliteit
- Niet-traumatische schouderblessures
- Patellofemorale pijn en instabiliteit
- Voorste kruisbandletsel
- Osteochondritis dissecans
- Werperselleboog
- Wervelkolom, algemene overwegingen
- Spondylosis/olisthesis
- Lumbale discuss hernia
- Morbus Scheuermann
- Ziekte van Pfeiffer
- MRSA en herpes gladiatorum
- Astma
- Voeding en supplementen
- Overtraining, specialisatie
- Hersenschudding