

# Nemours Sports Medicine Experts Asking Young Athletes, Parents, and Coaches to Take Survey on Injury Prevention



Orlando, Fla. (April 12, 2021) - Nemours Children's Health System Orthopedic Specialists and Researchers are conducting a survey to better understand injury prevention efforts in youth sports. Specifically, they are looking at the utilization of throwing guidelines in youth baseball and softball and ACL injury prevention programs in youth soccer. They would also like to learn about the training habits associated with all types of youth sports. Parents, athletes ages 5-18, coaches, athletic trainers, and other youth sport professionals are eligible to take the survey. Researchers plan to use the information from the survey to determine any gaps of knowledge in current programs and establish the best practices for implementing these programs.

The survey is now available, and may be found online at: <https://redcap.link/InjuryPrevention>  
Dr. Zach Stinson, a pediatric and sports medicine orthopedic surgeon and medical director of sports medicine at Nemours Children's Hospital, is available to speak about the purpose of the survey and current efforts to improve the health and safety of young athletes. Dr. Stinson is serving as co-principal investigator along with Dr. Henry Ellis at Texas Scottish Rite Hospital on this research.

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