

Understanding Avulsion Fractures: The Impact on Young Athletes

Have you ever heard of an Avulsion Fracture?

An avulsion fracture is a type of fracture or break of the bone. Avulsion fractures occur at the attachment of a ligament or a large tendon to the bone. Avulsion fractures of the hip and pelvis are common injuries in adolescent athletes during high intensity sport.

Causes of an Avulsion Fracture

The cause of an Avulsion Fracture is often an unpredictable traumatic event caused during sport or intense physical activity. Avulsion fractures can occur with either contact or non-contact events.

A traumatic contact avulsion fracture can often occur when the force of the ligament tear can cause a fracture to our bone such as at the ankle.

However, it is most common for children and adolescent athletes to have a non-contact avulsion fracture due to the pulling of a major muscle tendon on the bone.

This can often occur during growth spurts in which a child's bone will grow faster than the muscle tendon that attaches to it. As a result, a young athlete's growth plates are subsequently weaker than the musculotendinous unit that attaches to it, unbeknownst to the athlete, coach or parents which can cause the fracture.

To keep reading, head on over to Carlingford Active Health's website for the full blog:

<http://www.carlingfordactivehealth.com.au/news/understanding-avulsion-fractures-the-impact-on-young-athletes/>

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