

WHAT WORKS?

	Proven	Promising/ Potential	Not evaluated, Insufficient or Conflicting evidence
Baseball/ Softball	<ul style="list-style-type: none"> • Breakaway bases • Reduced impact balls • Faceguards or Protective eyewear 	<ul style="list-style-type: none"> • Batting helmets • Pitch count 	<ul style="list-style-type: none"> • Chest protectors
Basketball	<ul style="list-style-type: none"> • Protective eyewear • Mouthguards 	<ul style="list-style-type: none"> • Ankle disk training • Semi-rigid ankle stabilizers (esp. with history of instability) 	<ul style="list-style-type: none"> • Preventive knee braces
Bicycling	<ul style="list-style-type: none"> • Helmet use (Educational campaigns, laws, and subsidies all increase use) 	<ul style="list-style-type: none"> • Bike paths/lanes • Retractable handlebars 	<ul style="list-style-type: none"> • Lighting on bike trails

Gilchrist et al. Interventions to Prevent Sports and Recreation-Related Injury. In: Doll LS, et al.. Handbook of Injury and Violence Prevention. Springer: New York, 2007

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Football	<ul style="list-style-type: none"> • Helmets and other equipment • Ankle braces rather than taping • Minimizing cleat length • Rule changes (no spearing, etc) • Playing field maintenance • Preseason conditioning • Cross training reduces overuse • Coach training/experience 	<ul style="list-style-type: none"> • Limiting practices with contact 	<ul style="list-style-type: none"> • Preventive knee braces • Body pads

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General	<ul style="list-style-type: none"> • Fitness/conditioning 	<ul style="list-style-type: none"> • Return to play guidelines • Attention to training parameters 	<ul style="list-style-type: none"> • Pre-exercise stretching • Coaching factors related to injury prevention
Ice Hockey	<ul style="list-style-type: none"> • Helmet with full face shield down • Rules: fair play, no checking from behind, no high sticking • Increased ice size 	<ul style="list-style-type: none"> • Enforcement of rules • Discouraging fighting 	<ul style="list-style-type: none"> • Body pads
Inline skating/ Skateboarding	<ul style="list-style-type: none"> • Wrist guards • Knee/elbow pads 	<ul style="list-style-type: none"> • Helmets 	

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Running/ jogging	<ul style="list-style-type: none"> Altered training regimen 	<ul style="list-style-type: none"> Shock absorbing insoles 	<ul style="list-style-type: none"> Reflective clothing
Skiing/ Snow- Boarding	<ul style="list-style-type: none"> Training to avoid risk situations Binding adjustment Wristguards in snowboarding 	<ul style="list-style-type: none"> Helmets 	
Soccer	<ul style="list-style-type: none"> Anchored, padded goal posts Shin guards Movement Training: (Proprioceptive, Neuromuscular & Plyometric Training) Strength training 		<ul style="list-style-type: none"> Head gear “Fair Head” Rule

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