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Sport injury characteristics by sex and maturation: how can we prevent?

Sports-related injuries are common in pediatric population, and evidence suggests that the injury characteristics are different between boys and girls. Additionally, effects of pubertal alterations (pre-pubertal, pubertal, and post-pubertal) on biomechanical propensities, neuromuscular controls, and injury risk are documented in which influence surgical interventions in children and adolescents. One of the leading initiatives is prevention of injury, which allows children and adolescents to stay in physically active lifestyle. This talk highlights how sex and maturation play a role in common athletic injuries in the physically active youth and discuss evidence-based injury prevention strategies.

Recent Publications

1. Lauren S, Joseph J, Dai S, Pediatric and Adolescent Knee Injuries: Risk Factors and Preventive Strategies. DOI: 10.1016/j.csm.2022.05.011
2. Dai S, Lyle J. M, Key Concepts to Identify the Role of Orthopedics in Child Development. doi: 10.3390/children9071079

Biography

Dai Sugimoto completed his PhD at University of Kentucky, USA in 2013. After 2 years of post-doctoral training at Boston Children's Hospital, he received an instructor appointment from the Harvard University - Medical School, USA. In 2020, he became an associate professor at Waseda University, Japan. He has over 100 publications in a field of Orthopaedics and Sports Medicine, and his google publication H-index is 30.

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