

【英語】保護者様 Parents and guardians:

運動器検診のお知らせ ～運動器検診疾患の予防について～

Notice about Orthopedic Health Checks (Health Checks to Prevent Orthopedic Disorders)

Orthopedic health checks are examinations that are used to identify any disorders and/or abnormalities of the spine, rib cage, limbs (arms/legs), bones, and joints. We ask that you please check your child's orthopedic condition using the orthopedic (locomotive syndrome) health questionnaire.

For questions 1 and 2: Please provide information on your child's current condition.

For question 3 (1): If you have ticked any of these items, there is a possibility that your child has scoliosis. *A school doctor will thoroughly examine this during internal medicine health check-ups.

For question 3 (2): For items ① through ⑦, in particular if you have ticked any of the following items, please have your child perform the stretches described below in order to prevent injury or sports related impairment.

For question 3 (2): ①

There is a possibility that your child's spinal column muscles are stiff (Fig. 1).

For question 3 (2): ②③④

There is a possibility that your child has an elbow impairment (so-called "little league baseball elbow"). We recommend that you have them examined by a specialist doctor. *Please make sure they practice good pitching/throwing form and keep an eye on such things as the number of pitches they throw.

For question 3 (2): ⑤⑥⑦

There is a possibility that your child's leg joints are stiff (Fig. 2/3/4).

For question 4: Please indicate any locations where your child feels pain or for which you have other concerns.

<<For information on how stretches should be performed, please refer to the following.>>

1. In order to improve/prevent sports related impairments, it is important to stretch before and after exercising.
2. Always make sure you are exhaling while you are stretching. Do not strain yourself.
3. If pain continues, make sure to promptly be examined by a specialist doctor.

Fig. 1 Exercises for hip pain (stretches)

To alleviate hip pain...

While a variety of different things can cause hip pain, one common factor is muscular fatigue and weakening.

Bones form the foundation of the human body, and muscles are what support those bones. For this reason, you should make sure to strengthen both your abdominal and back muscles. Strengthening your muscles means that they will become more relaxed and this will improve blood-flow. Practice the exercises given in the figures shown below, and perform them in the morning and at night for 5 to 6 repetitions each time for each movement, making sure to perform the movements gradually while avoiding bouncing/jerking motions. Please continue practicing these stretches for a period of 1 month or longer (you must not over-stretch either). Do not over-exert yourself if you feel any pain, and only perform stretches in a range in which you feel comfortable. Over-exerting yourself may only make the pain worse.

Basic form



Lay down on your back and clasp your fingers behind your head. Breathe in through your nose, and take 5 seconds to slowly breathe out through your mouth.

Holding both legs



Hold your knees with both arms and tuck them in so they touch your chest, and hold for 5 seconds (if it hurts, stop at a point where it is too stiff to bend either leg any further). Afterwards, extend only your elbows while holding onto your knees.

Getting up



Bend both legs with fingers clasped behind your head, and slowly raise your body and hold for 5 seconds (if you can't get up, flex your abs so that you can at least keep your head raised up).

Twisting waist



While laying on your back, cross one leg over the other and hold for 5 seconds (keep shoulders on the ground when doing so). Repeat for the other side.

Fig. 2 Quadricep stretches (elongation)

[Perform before/after sports if your joints/muscles are stiff]

Lying face-down, grab your ankle and pull your heel into your buttocks. Once you start feeling a stretch in your thigh, hold for 5 seconds and release. Repeat this for roughly 10 repetitions both in the morning and at night.

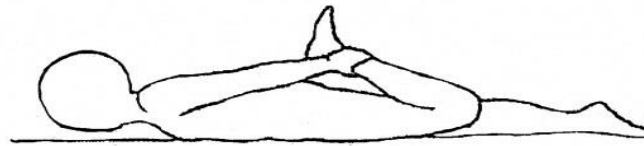


Fig. 3 Achilles tendon stretches (elongation)

[Effective if performed before/after sports if your joints/muscles are stiff]

Place both hands on a wall while standing, and spread your legs apart.

For your front leg, bend your knee while keeping your knee for you back leg straight and keeping your heel on the ground. Do not bounce/jerk and hold for 5 seconds to stretch the Achilles tendon. (If it hurts, stop at a point where it is too stiff to stretch any further.)

Next, take your back leg and bend your knee and raise your heel off the ground.

Repeat this movement for roughly 10 repetitions.

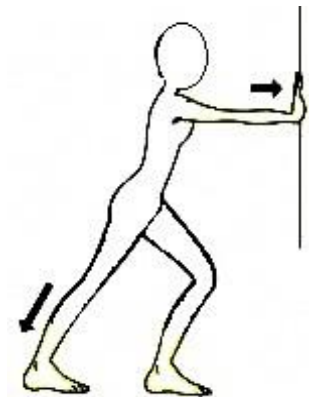


Fig. 4 Hamstrings (back of the thighs)

Sit down while keeping the knee straight for the leg you would like to stretch, and slowly lower your body towards it, and hold for 10 seconds.

10 repetitions in the morning and at night, before/after sports

*There is no need to strain yourself to touch your ankle for this stretch.

*Make sure to exhale while stretching.

