



## CONCERNED PARENT...

Hockey Player Son's Broken Ankle  
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### ‘My Son Doesn’t Feel Ready Yet’

#### o WHAT’S GOING ON HERE?

This parent shared a story of her son who fractured his ankle in February, came out of his cast, and was approved to start skating but doesn’t feel ready.

- o My first reaction is.....**KUDOS to this young man** who had the *humility* and *honesty* to admit he doesn’t feel ready yet. So often our young athletes feel pressures from not only themselves but also from friends, teammates, coaches and even their own parents that lead to a sort of denial of how they really feel.
- o When an athlete admits they don’t feel ready to compete or participate after an injury that should be a **HUGE red flag**. Sports are fun. **We all want to participate when we can**. For this young man to hesitate should tell us he needs more help.

#### o MOVING FORWARD

- o The doctor has confirmed adequate bone healing, probably by taking X-rays. BUT...this is really only the first step!
- o Any injury requires recovery of adequate and oftentimes fully normal mobility, strength, balance & awareness, control and reactive ability before getting back to the playing field or court – or in this case, back on the ice.
- o Losing motion, strength, balance...etc are all very common after being immobilized for a fracture.

**A SKILLED PHYSICAL THERAPIST CAN HELP RESTORE YOUR SON’S FUNCTION**

**CALL THE DOCTOR ...**

**IT’S OK TO ADVOCATE FOR YOUR SON AND ASK FOR A PHYSICAL THERAPY PRESCRIPTION**



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