

# ALAN EAGLESON SPORTS INJURIES CLINIC

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The Alan Eagleson Sports Injuries Clinic located at the Metropolitan Track and Field complex at York University opened in January, 1984 with its mandate to treat sports medicine injuries. The Clinic, which was originally known as The Bobby Orr Clinic, employs eight (8) therapists, treats up to 1,000 people per week, Monday - Friday, 7:30 a.m. - 7:30 p.m.

Dr. D. Clarfield is one of the doctors who treat people for sports injuries at the clinic. Dr. Clarfield is an M.D. with a specialization in sports medicine and treats Olympic and professional athletes, collegiate and university athletes, amateur and recreational athletes. Essentially the clinic is wide open to anyone but more and more people are being referred to the clinic therapists by family doctors.

Dr. Clarfield indicates that they basically treat two (2) types of sports injuries, acute which includes sprains and twisting injuries and chronic, which are the result of overuse and stress. In terms of sportsfield related injuries he indicates that football and soccer injuries can be easily differentiated. Soccer being a predominantly non-contact sport, usually produces ligament injuries caused by twisting. Football on the other hand, being a contact sport, predisposes athletes to contusions and contact ligament injuries. He feels the clinic is treating more soccer related injuries due to the vast growth of soccer over the past few years and soccer being a longer season.

In Dr. Clarfield's estimation, sports injuries are not necessarily increasing even though there is much more participation now than ever. He feels that there is a greater awareness of sports medicine and large advancements have been made in the field over the past few years. In the past, people with a sprain or contusion would go to their family physician who would provide some medication to relieve the pain. Nowadays, athletes and recreational sports participants seek out sports medicine therapists.

An individual attending the clinic for treatment will undergo the following sequence. A therapist will review the patient's history of medical or related injuries, the patient will be examined, diagnosis performed to identify the predisposing injuries then the injury will be treated to correct those predisposing injuries. Dr. Clarfield indicates that older people seeking treatment are often suffering chronic injuries because different tissues wear out and deteriorate. Whereas younger people, because they usually play sports more aggressively, suffer more acute sports injuries such as contusions and ligament damage.

Stats on football injuries treated by Dr. Clarfield between 1984-1990 indicate a higher percentage of knee, shoulder and ankle injuries. Some of the casual factors are because football is a contact sport but the condition of the sportsfields probably are related. Sportsfield managers should recognize the need for aerating, coring, slicing to reduce compaction, topdressing with sand if in heavy clay to provide better cushioning, overseeding and encouragement of deep resistance and recuperative ability of the turf.

*Football injuries seen at the Alan Eagleson Clinic between 1984 and 1990:*

- » Out of 11,000 patients, 496 were football athletes, being professional (CFL), University, High School and recreational community league players.
- » 10% of the injuries were sustained by players between the ages of 10-20 years.
- » 69% were sustained by players between the ages of 20-30 years.
- » The highest percentage of injuries — 46% — were knee injuries.
- » The following is a breakdown of injury percentages:

knees	=	46%
shoulders	=	10%
ankles	=	10%
neck & back	=	5%
thigh	=	5%
foot	=	2%
hand	=	2%
- » less than 2% each = head, arm, elbow, forearm, wrist, hip, pelvis, leg.

**Equipment for professional  
turf maintenance**



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