



**Patient:**

- Was playing volleyball with students, jumped to hit ball, fell backward onto left buttock area.
- MRI shows disc herniated at L4-L5
- Still reports significant pain in left hip and down the leg, along with pain and numbness in foot. Epidural injections provide some relief.
- Has had previous back injury.
- Has missed approximately 110 days of work.
- Conservative treatment failed.
- Surgery performed 16 months post injury.
- Current claim total - \$68,824.77

## Facts:

- ✓ **Over 60%** of the claims resulting from participation in an athletic activity **happen between January and May.**
- ✓ Claims related to athletic activities are filed by school district employees at all levels (Elem. - H.S.)
- ✓ Ankles, knees, hands, and fingers are the most common body areas injured.
- ✓ Wrestling, baseball, basketball, volleyball, soccer, tennis, wall climbing, relay racing, softball, kickball, dodgeball, weightlifting, warball, roller/ice skating, four-square, jump rope, hacky-sack, hopscotch, and tag are all activities associated with worker's compensation claims.
- ✓ **Age and Physical Condition are major factors relating to injury frequency and severity.** Every teacher and coach should be cautious when involved in an athletic activity. Those with prior knee, ankle, back and neck injuries, high blood pressure, circulatory problems, asthma, diabetes, or other serious medical conditions should seriously consider limiting their involvement. Pre-existing conditions are often exacerbated by new injuries.
- ✓ Approximately **67% of those injured** while participating in an athletic activity **are 40 years of age or older.** Injuries to this age group are usually more serious and require a longer time period for recovery.

**As spring approaches, involvement in athletic activities will increase. We would like everyone to consider the items mentioned above and let caution and good common sense regulate your involvement.**